

## Is your Child at Risk for Cavities?

Dear Parent: The Health Unit's Oral Health team would like to help you and your family prevent tooth decay. The questions below help determine your child's risk for tooth decay. The notes on the right provide you with some helpful tips. If you answer "no" to any of the questions below, your child is at greater risk of getting cavities in their teeth.

Question	Yes	No	Guidance for Parents
1. Are your child's teeth cleaned daily by an adult?	<input type="checkbox"/>	<input type="checkbox"/>	Parents should start to brush their child's teeth as soon as they appear. Brushing 2 times a day – morning and night is an important habit to develop. Use a smear (size of a grain of rice) of fluoridated toothpaste. Only an adult should apply the toothpaste.
2. Are your child's teeth white and shiny?	<input type="checkbox"/>	<input type="checkbox"/>	Even toddlers can get tooth decay. You should check your child's teeth once a month. Lift the lip to see the teeth right up to the gum line. Any chalky white areas, brown marks or chipped areas should be checked out by a dental professional.
3. Has your child been seen by a dentist or a dental hygienist?	<input type="checkbox"/>	<input type="checkbox"/>	By their first birthday a child should have teeth checked by a dentist or dental hygienist to prevent dental problems.
4. Does your child drink mainly from a cup without a lid?	<input type="checkbox"/>	<input type="checkbox"/>	By 12 months a child should be learning to drink from a regular cup without a lid. Do not let your child use a bottle or sippy cup as a pacifier. Frequent drinking or sipping on milk, juice or anything sweetened with sugar helps cause cavities. If your child is thirsty between meals, plain water is best.
5. Does your child sleep without a bottle?	<input type="checkbox"/>	<input type="checkbox"/>	If your child must have a bottle to fall asleep, fill it with water only.
6. Does your child have set times for meals and snacks?	<input type="checkbox"/>	<input type="checkbox"/>	Snacking too often causes cavities, especially if foods are sticky or sweet. Your child should have no more than 5-6 set meals and snacks during the day.
7. Has your child's sister or brother been cavity free for over 2 years?	<input type="checkbox"/>	<input type="checkbox"/>	Statistics show that children are at higher risk of developing cavities if other family member currently have or have had cavities in the past 2 years.

**If you require more information please call us at 705-721-7520 or toll free at 1-877-721-7520**