











Early Childhood Cavities Prevention Parent/Caregiver Contract

Early Childhood Cavities is a very serious disease that is preventable with your help. Left untreated it can cause your child pain, low self-esteem, difficulty eating and learning. **As the parent/caregiver, you are the most important person to manage your child's oral health.** The following goals will help you gain and maintain a healthy smile for your child.

Please choose goals you are willing to work on to insure your child's oral health		Yes	NO
<u>Goal 1:</u> I will clean my child's teeth at least once a day.			
<u>Goal 2:</u> I will use a pea size amount of fluoride toothpaste once my child turns two years old.			
<u>Goal 3:</u> I will "Lift the Lip" weekly and check for white spot lesions. If I notice white spots I will contact my dental or medical provider.			
<u>Goal 4:</u> I will not put my child to bed with a bottle, unless it only contains water.			
<u>Goal 5:</u> I will limit my child's intake of juice to between 4-6 ounces a day consumed at meal time only.			
<u>Goal 6:</u> I will have fluoride varnish placed on my child's teeth three times a year.			
<u>Goal 7:</u> I will feed my child foods low in sugar and limit sugary snacks.			
<u>Goal 8:</u> I will have dental and medical providers check my child's teeth by age one.			
<u>Goal 9:</u> I will introduce the trainer cup by 6 months and wean my infant from the bottle by the age of one.			
Signature and Date:			