

# STOP

## Passport





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## **Your Child's Oral Health Passport Checklist will include guides for:**

- ☒ Dental development
- ☒ Oral hygiene practices
- ☒ Diet and nutrition
- ☒ Dental visits

## WELCOME TO YOUR SMILE TRAIN ORAL HEALTH PASSPORT!

Dear Parents and Guardians,

We are excited to embark on this journey towards a lifetime of healthy smiles together. Your child's oral health is an essential part of their overall well-being, and with this Oral Health Passport, we aim to make maintaining it fun and easy.

This passport is designed to be your guide and recordkeeper for all things related to your child's dental care. Inside, you'll find a checklist of essential oral health needs and helpful tips to remind you when to track dental visits and treatments.

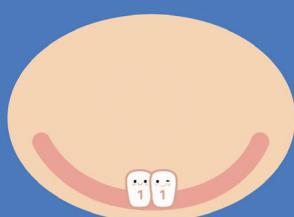
Remember, a healthy mouth starts with regular care and good habits. With your help and this passport, we can ensure your child enjoys solid and healthy teeth and gums for years.

Let's create a brighter, healthier future for your child —  
**one smile at a time!**

# TOOTH ERUPTION STAGES

Dear Parents and Guardians,

Understanding the role of dental chronologists, who specialize in the study of dental development and the timing of tooth eruption, is crucial for identifying potential issues. By staying informed about these aspects of dental care, you can ensure timely interventions and maintain your child's healthy smile.



**6-12  
Months**



**9-16  
Months**



**13-19  
Months**



**17-23  
Months**



**23-33  
Months**

# COMMON TEETHING SYMPTOMS



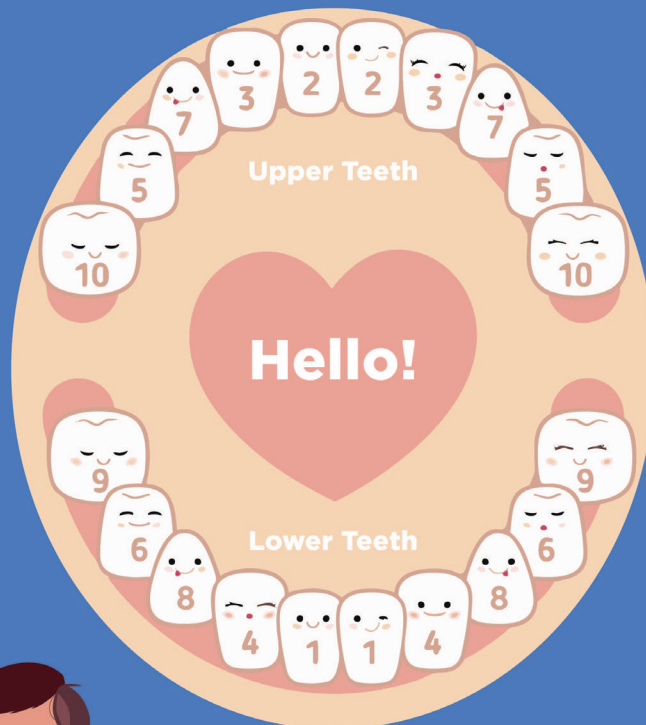
**Irritability**



**Refusal to feed**



**Teething rash**



**Drooling**



**Biting**



**Crying**

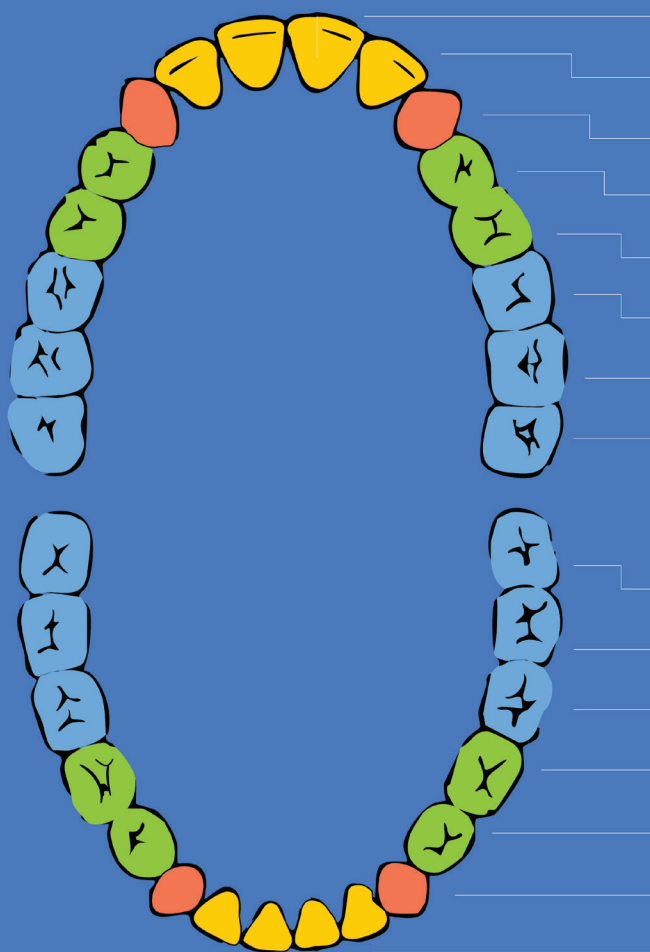


**Night waking**

# PERMANENT TOOTH ERUPTION

This schedule will help you monitor your child's dental development. Remember, teeth don't always come in exactly on time — there can be a range of when they erupt. Taking the initiative to schedule regular check-ups and monitoring are both crucial to preventing future dental problems and promoting overall well-being.

Missing or extra teeth are common in children with clefts and can appear close to the cleft side in both primary and permanent teeth. It's important to keep extra teeth clean and healthy. Our specialized team is here to monitor your child's dental development closely.





UPPER TEETH	ERUPT
Central incisor	7-8 yrs.
Lateral incisor	8-9 yrs.
Canine (cuspid)	11-12 yrs.
First premolar (first bicuspid)	10-11 yrs.
Second premolar (second bicuspid)	10-12 yrs.
First molar	6-7 yrs.
Second molar	12-13 yrs.
Third molar (wisdom tooth)	17-21 yrs.


LOWER TEETH	ERUPT
Third molar (wisdom tooth)	17-21 yrs.
Second molar	11-13 yrs.
First molar	6-7 yrs.
Second premolar (second bicuspid)	11-12 yrs.
First premolar (first bicuspid)	10-12 yrs.
Canine (cuspid)	9-10 yrs.
Lateral incisor	7-8 yrs.
Central incisor	6-7 yrs.



## WHAT YOU NEED TO KNOW

DEVELOPMENT STAGES	ORAL HYGIENE PRACTICES	DIET AND NUTRITION	DENTAL VISITS
 <b>NO TEETH</b> 0-6 Months	<ul style="list-style-type: none"><li>• Clean your baby's gums, cheeks, tongue, and around the cleft area with a clean, damp gauze pad after feeding.</li></ul>	<ul style="list-style-type: none"><li>• Breastfeeding should be encouraged (or mother's milk in a cup).</li><li>• Avoid napping on the breast or nocturnal feeding.</li><li>• Do not sweeten liquids.</li></ul>	<ul style="list-style-type: none"><li>• Receive age-anticipatory guidance.</li><li>• Find a local dentist who can provide the full range of care your child needs and who you feel comfortable forming a long-term relationship with.</li><li>• Discuss any concerns or dental anomalies with your pediatric dentist.</li></ul>
 <b>PRIMARY DENTITION</b> 6-12 Months	<ul style="list-style-type: none"><li>• Begin brushing your baby's teeth as soon as the first tooth appears.</li><li>• Use a finger toothbrush or a small soft-bristled toothbrush.</li><li>• Use a rice-sized amount of fluoride toothpaste.</li></ul>	<ul style="list-style-type: none"><li>• Breastfeeding must be encouraged.</li><li>• Introduce age-appropriate complementary foods.</li><li>• Avoid nocturnal feeding.</li><li>• Limit sugary snacks and drinks.</li><li>• Encourage healthy eating habits.</li></ul>	<ul style="list-style-type: none"><li>• Schedule your baby's first dental visit by their first birthday or within 6 months of their first tooth erupting.</li><li>• Receive age-appropriate anticipatory guidance.</li><li>• Discuss any concerns or questions with your pediatric dentist.</li></ul>



DEVELOPMENT STAGES	ORAL HYGIENE PRACTICES	DIET AND NUTRITION	DENTAL VISITS
 <p><b>PRIMARY DENTITION</b> 12-24 Months</p>	<ul style="list-style-type: none"> <li>• Reinforce brushing twice daily with fluoridated toothpaste.</li> <li>• Brush your child's teeth for at least 2 minutes.</li> <li>• Practice Lift the Lip technique.</li> <li>• Ask your dentist about oral habits like teeth grinding and finger sucking and their effects on your child's bite.</li> <li>• Discuss oral injury prevention.</li> </ul>	<ul style="list-style-type: none"> <li>• Address concerns with sweetened medications.</li> <li>• Encourage consumption of age-appropriate complementary foods.</li> <li>• Avoid between-meal snacking.</li> <li>• Choose healthy snacks (fruits, vegetables, plain yogurt, cheese)</li> </ul>	<ul style="list-style-type: none"> <li>• Receive age-anticipatory guidance (for a new patient) or reinforce age-anticipatory guidance.</li> </ul>
 <p><b>PRIMARY DENTITION</b> 2-6 Years</p>	<ul style="list-style-type: none"> <li>• Brush your child's teeth at least twice a day.</li> <li>• Look on the back of the toothpaste tube to ensure the amount of fluoride is 1,000 parts per million.</li> <li>• Use a small amount of toothpaste: a rice-sized amount for children under three years and a pea-sized amount for children over three years.</li> <li>• Practice the Lift the Lip technique.</li> </ul>	<ul style="list-style-type: none"> <li>• Restrict the use of refined carbohydrates and free sugars.</li> <li>• Consult the food guide pyramid.</li> <li>• Avoid intermittent snacks.</li> </ul>	<ul style="list-style-type: none"> <li>• Receive age-appropriate anticipatory guidance (for a new patient).</li> <li>• Reinforce age-appropriate anticipatory guidance.</li> <li>• Get a dental cleaning with a fluoride application.</li> <li>• Use preventive sealants in temporal molars.</li> <li>• Schedule and attend regular dental check-ups every 6 months.</li> </ul>

DEVELOPMENT STAGES	ORAL HYGIENE PRACTICES	DIET AND NUTRITION	DENTAL VISITS
<div><div>MIXED DENTITION 6-12 Years</div></div>	<ul style="list-style-type: none"><li>• Encourage your child to brush and floss independently while you superviseing.</li><li>• Ensure they brush for at least 2 minutes twice a day.</li><li>• Use fluoride toothpaste.</li></ul>	<ul style="list-style-type: none"><li>• Restrict the use of refined carbohydrates and free sugars.</li><li>• Avoid intermittent snacks.</li></ul>	<ul style="list-style-type: none"><li>• Receive age-appropriate anticipatory guidance (for a new patient).</li><li>• Reinforce age-appropriate guidance</li><li>• Get a dental cleaning with a fluoride application.</li><li>• Use preventive sealants in permanent molars.</li><li>• Minimal invasive treatment if needed.</li><li>• Your orthodontist will decide on the need for orthopedic/orthodontic treatment</li><li>• Schedule and attend regular dental check-ups every 6 months.</li></ul>

DEVELOPMENT STAGES	ORAL HYGIENE PRACTICES	DIET AND NUTRITION	DENTAL VISITS
 <p><b>PERMANENT DENTITION</b> 12 Years and Older</p>	<ul style="list-style-type: none"> <li>• Use adequate brushing techniques.</li> <li>• Brush and floss at least twice daily.</li> <li>• Restrict the use of refined carbohydrates and free sugars.</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid intermittent snacks</li> <li>• Eat healthy foods, fruits, and vegetables.</li> <li>• Reinforce age-appropriate anticipatory guidance.</li> </ul>	<ul style="list-style-type: none"> <li>• Get a dental cleaning with a fluoride application.</li> <li>• Use preventive sealants in premolars and permanent molars.</li> <li>• Minimal invasive treatment if needed.</li> <li>• Your orthodontist will decide on the need for orthodontic treatment.</li> </ul>
 <p><b>EXTRA TEETH CARE</b></p>	<ul style="list-style-type: none"> <li>• Be sure to clean any extra teeth to keep them healthy.</li> </ul>	<ul style="list-style-type: none"> <li>• Restrict the use of refined carbohydrates and free sugars.</li> </ul>	<ul style="list-style-type: none"> <li>• Reinforce age-appropriate anticipatory guidance.</li> <li>• Discuss any concerns or questions with your orthodontist.</li> <li>• Your dentist will advise you on whether and when to extract any extra teeth or decide if alignment is possible.</li> </ul>

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## THANK YOU FOR JOINING US ON THIS IMPORTANT JOURNEY TOWARDS A LIFETIME OF HEALTHY SMILES.

Your commitment to your child's oral health is invaluable. This Oral Health Passport is more than just a guide — it's a partnership between you, your child, and Smile Train's team.

Thank you for entrusting us with your child's dental care. We're excited to see their smiles shine bright for years to come.



