

4 Month Visit	<ul style="list-style-type: none">• Maintain good maternal oral health care• Avoid spoon sharing or cleaning pacifier in your mouth• Avoid bottle in bed, propping, “grazing”
6 Month Visit	<ul style="list-style-type: none">• Maintain good oral hygiene• Assess fluoride source• Brush with soft toothbrush/cloth and water• Avoid bottle in bed, propping, “grazing”
12 Month Visit	<ul style="list-style-type: none">• Establish a dental home. First dental checkup, dental hygiene• Visit the dentist by 12 months or after first tooth• Brush teeth twice a day with plain water, soft toothbrush• If still using bottle, offer only water
15 Month Visit	<ul style="list-style-type: none">• Schedule first dental visit if hasn’t seen dentist yet• Brush teeth twice a day with soft brush and plain water• Prevent tooth decay by good family oral health habits (brushing, flossing), not sharing utensils or cup• If nighttime bottle, use water only
4 Year Visit	<ul style="list-style-type: none">• Promote oral health by adhering to a daily routine• Brush teeth twice a day with pea-sized toothpaste
5 Year Visit	<ul style="list-style-type: none">• Visit dentist twice a year• Give fluoride supplement if dentist recommends• Brush teeth twice a day; help child with brushing if needed
7-8 Year Visit	<ul style="list-style-type: none">• Take child to dentist twice a year• Give fluoride supplement if dentist recommends• Brush teeth twice a day, floss once• Wear mouth guard during sports
9-10 Year Visit	<ul style="list-style-type: none">• Visit dentist twice a year• Give fluoride supplement if dentist recommends• Brush teeth twice a day, floss once• Wear mouth guard during sports
11-14 Year Visit	<ul style="list-style-type: none">• Visit dentist twice a year• Give fluoride supplement if dentist recommends• Brush teeth twice a day, floss once
15-17 Year Visit	<ul style="list-style-type: none">• Visit dentist twice a year• Brush teeth twice a day, floss once
18-21 Year Visit	<ul style="list-style-type: none">• Visit dentist twice a year• Brush teeth twice a day, floss once

Adapted from Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents. 3rd ed. Pocket Guide. American Academy of Pediatrics. 2008.