



# Healthy Smiles for Young Children (18 to 36 months old)

Please circle YES or NO for each of the questions below:

<b>1</b>	<b>If your child is 18 to 24 months old, does he/she have at least <u>12</u> teeth? OR If your child is 25 to 36 months old, does he/she have at least <u>16</u> teeth?</b>	<b>YES</b>	<b>NO</b>
<p><b>By 18 months</b>, most children have 12 to 16 teeth and by 36 months of age, they have 18 to 20 teeth. The first teeth to grow are the front teeth, followed by the back teeth.</p>			
<b>2</b>	<b>Does your child drink mostly from a cup without a lid?</b>	<b>YES</b>	<b>NO</b>
<p><b>By 12 months</b>, children should be drinking from a cup without a lid when not breastfeeding. They should stop using the bottle and the sippy cup. Don't let your child constantly sip from a bottle or sippy cup unless filled with tap water.</p>			
<b>3</b>	<b>Does your child sleep without a bottle?</b>	<b>YES</b>	<b>NO</b>
<p><b>If your child must have a bottle to fall asleep</b>, fill it with tap water. When breastfeeding, take your child off the breast when he/she is finished feeding.</p>			
<b>4</b>	<b>Has your child been seen by a dentist or a dental hygienist?</b>	<b>YES</b>	<b>NO</b>
<p><b>By 12 months</b>, your child's teeth should be checked by a dentist or a dental hygienist, so that any problems are found early.</p>			
<b>5</b>	<b>Are your child's teeth cleaned daily by an adult?</b>	<b>YES</b>	<b>NO</b>
<p><b>Clean your child's teeth twice a day</b> using a small, soft bristle brush with tap water. The most important time to clean your child's teeth is before going to sleep at night.</p>			
<b>6</b>	<b>Are your child's teeth white and shiny?</b>	<b>YES</b>	<b>NO</b>
<p><b>Even toddlers can get tooth decay</b>. Check your child's teeth once a month. Lift the upper lip to see the teeth right up to the gum line. If there are chalky-white or brown spots anywhere, or are chipped or broken, take your child to a dentist.</p>			
<b>7</b>	<b>Does your child have set times during the day for meals and snacks?</b>	<b>YES</b>	<b>NO</b>
<p><b>Offer snacks at set times, 2 to 3 times a day. Limit starchy or sugary foods and drinks</b>. Frequent snacking can cause cavities, especially if foods are sticky and sweet. Some examples of healthy snacks are cheese, whole grain crackers, yogurt, fresh fruit and vegetables. If your child is thirsty between meals, offer tap water.</p>			

If you answered NO to 3 or more questions, please talk to your dentist, or dental hygienist about your child's dental development.

For more information, please telephone the Ottawa Public Health Information Line, at 613-580-6744, or visit Ottawa Public Health's website, at [ottawapublichealth.ca/dental](http://ottawapublichealth.ca/dental).