

# FREE ORAL HEALTH SCREENINGS at Your Head Start Center!

## Screenings Should Happen Early and Regularly

Screenings are used to check oral health and make referrals for dental check-ups. During a screening, a dental hygienist will examine your child's mouth, lips, tongue, teeth, gums and tissues. Screenings take only 2–3 minutes, no x-rays are taken and no dental treatment is provided.

### Oral Hygiene Basics

#### Ages 0–6:

You should help and coach your child when they're brushing their teeth twice a day. And set a good example: brush your teeth with your child!

#### By age 1:

Your child should visit a dentist for their first checkup.

#### Younger than 3:

Your child should brush twice a day. A "smear" of toothpaste with fluoride is all that's needed for brushing—and fluoride will protect your child's teeth.

#### Older than 3:

Make sure your child only uses a pea-sized amount of toothpaste with fluoride and that they always spit out toothpaste, not swallow it.



## Oral Health Screening CONSENT FORM



**Answer** all questions to the best of your ability.



**Sign** the form so your child can be screened.



**Return** the consent form to your center or school.



**Results** from the screening will be sent home to you.



**Follow-up** on results with a dentist.

