



## Oral Health Care Plan

Even before teeth appear it's important to take care of your gums. JCDC provides Oral Health Care to help prevent early childhood tooth decay.

- Children 6 weeks to 1 year we gently swab the gums once a day using soft gauze following a feeding. The gauze is discarded after each use.
- Children 1 to 6 years of age use a small child size toothbrush with a small cup of water once a day.

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Teaching children to brush using small circles where teeth and gums meet is a proper technique. Children need to brush both the cheek and tongue, and the sides of the teeth, and the flat chewing surfaces.

Using the correct amount of fluoride water a child can brush without having to swallow or rinse. Once the brushing is complete a teacher rinses the toothbrush, stores it in its proper designated place to air dry.

JCDC will provide each child with a toothbrush and fluoride water. By signing below you agree to the Oral Health Care Plan and would like your child to Participate.

CHILD'S NAME: \_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_