

Age 3-6 Pathway

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Age 3-6 Caries Risk Assessment

	Low Risk	Moderate Risk	High Risk
Contributing Conditions			
Fluoride exposure	Yes	No	
Sugary Foods or Drinks	Primarily at mealtimes		Frequent or prolonged between meal exposures/day
Caries experience of mother, caregiver and/or other siblings.	No carious lesions in last 24 months	Carious lesions in last 7-23 months	Carious lesions in last 6 months
General Health Conditions			
Special Health Care Needs (developmental, physical, medical or mental disabilities that prevent or limit performance of adequate oral health care)	No	Yes	
Clinical Conditions			
Carious Lesions or Restorations	No new within previous 24 months		Carious lesions or restorations in last 24 months
Visible plaque	No	Yes	
Dental/Orthodontic Appliances	No	Yes	
Severe Dry Mouth (Xerostomia)	No		Yes

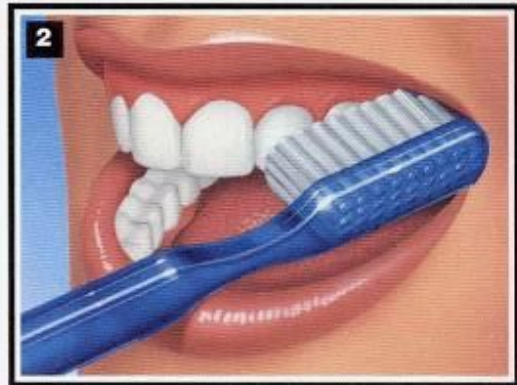
How To Brush

Modified Bass brushing technique:

- Hold the head of the toothbrush horizontally against your teeth with the bristles part-way on the gums
- Tilt the brush head to about a 45-degree angle, so the bristles are pointing under the gum line.
- Move the toothbrush in very short horizontal strokes so the tips of the bristles stay in one place, but the head of the brush waggles back and forth. Or use tiny circular motions. This allows the bristles to slide gently under the gum. Do this for about 20 strokes. This assures that adequate time will be spent cleaning away as much plaque as possible. Note: this is a very gentle motion. In healthy gums, this should cause no pain. Brushing too vigorously or with large strokes can damage gum tissue.
- Roll or flick the brush so that the bristles move out from under the gum toward the biting edge of the tooth. This helps move the plaque out from under the gum line.
- Repeat for every tooth, so that all tooth surfaces and gum lines are cleaned.
- For the insides of your front teeth, where the horizontal brush position is cumbersome, hold the brush vertically instead. Again, use gentle back and forth brushing action and finish with a roll or flick of the brush toward the biting edge.
- To clean the biting or chewing surfaces of the teeth, hold the brush so the bristles are straight down on the flat surface of the molars.
- Gently move the brush back and forth or in tiny circles to clean the entire surface. Move to a new tooth or area until all teeth are cleaned.
- You can clear even more bacteria out of your mouth by brushing your tongue. With your toothbrush, brush firmly but gently from back to front. Do not go so far back in your mouth that you gag. Rinse again.



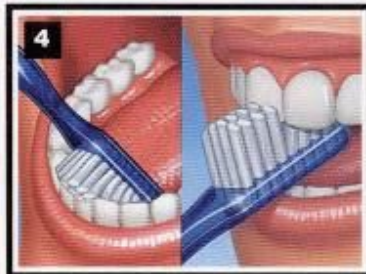
1
Place bristles along the gumline at a 45° angle. Bristles should contact both the tooth surface and the gumline.



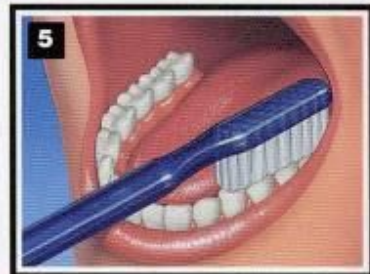
2
Gently brush the outer tooth surfaces of 2-3 teeth using a vibrating back, forth & rolling motion. Move brush to the next group of 2-3 teeth and repeat.



3
Maintain a 45° angle with bristles contacting the tooth surface and gumline. Gently brush using back, forth & rolling motion along all of the inner tooth surfaces.



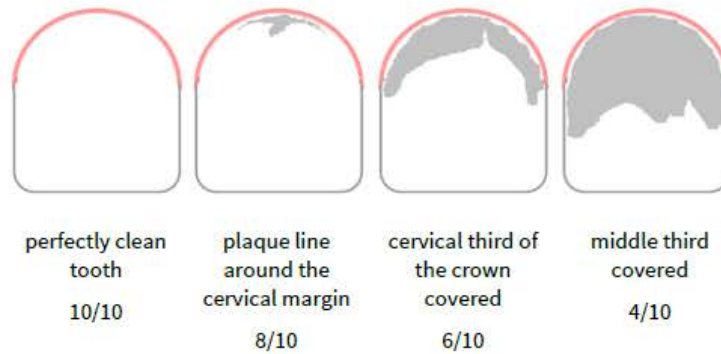
4
Tilt brush vertically behind the front teeth. Make several up & down strokes using the front half of the brush.



5
Place the brush against the biting surface of the teeth & use a gentle back & forth scrubbing motion. Brush the tongue from back to front to remove odor-producing bacteria.

3.4.8 Assessing toothbrushing

Gingival health is a useful indicator of tooth cleaning over time. Assessing and recording levels of visible plaque at each examination, and sharing this information with the child and their parent/carer, will help reinforce the importance of effective toothbrushing. An example of a quick method of recording plaque levels, and presenting the information in terms the child will understand, is to give marks out of 10 as follows.



The worst score in each sextant is recorded, for example:

8/10	6/10	8/10
8/10	6/10	8/10

It is also important to assess the surface of open carious lesions for plaque that is visible or evident when an instrument is gently drawn across the surface of the lesion, particularly if considering managing the lesion with a prevention-alone approach (Section 10.1).

- Assess whether the gingiva appear healthy or whether there is inflammation indicative of poor plaque removal.
- Consider recording plaque scores at each examination, particularly if the child is assessed as at increased caries risk.
- Record the presence of plaque on the surface of open carious lesions at recall visits for lesions where the prevention-alone management strategy has previously been selected (see Section 10.1).

my food and drinks diary



Day 3 (day) _____

Time	This is what I've had to eat or drink:

Day 4 (day) _____

Time	This is what I've had to eat or drink:

Day 5 (day) _____

Time	This is what I've had to eat or drink:

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables

Frozen peas

Raisins

Chopped tomatoes

Potatoes

Whole grain cereal

Cous Cous

Porridge

Whole wheat pasta

Bagels

Rice

Spaghetti

Lentils

Beans lower salt and sugar

Tuna

Plain nuts

Chick peas

Lean mince

Semi skimmed milk

Soya drink

Plain Low fat Yoghurt

6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Eat less often and in small amounts

Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Dairy and alternatives
Choose lower fat and lower sugar options

Choose unsaturated oils and use in small amounts



Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS



Visit: <https://www.nhs.uk/change4life> for further information.

change 4 life Food facts Recipes Activities Your child's weight [Join Change4Life](#)



Sugar swap ideas

All of these swaps are a great way to cut down on sugar, but always check the label or use the [Change4Life Food Scanner](#) to help pick the product with the lowest amount. And remember, the more swaps you make, the more sugar you save!

Cereal swaps

	
Swap from: <ul style="list-style-type: none">frosted flakeshoney crunch cerealchocolate cereal	Swap to: <ul style="list-style-type: none">wheat biscuit cerealshredded wholegrain cerealporridgeno added sugar muesli

Drink swaps

	
Swap from: <ul style="list-style-type: none">colajuice drinksmilkshakesfizzy drinks	Swap to: <ul style="list-style-type: none">waterlower-fat milkssugar-free drinksno added sugar drinks

Yoghurt swaps



Swap from:

split pot yoghurts
higher-sugar yoghurts

Swap to:

lower-sugar fromage frais pots
lower-sugar yoghurts
plain natural yoghurt

Pudding swaps



Swap from:

cake bars
chocolate pudding pots
doughnuts
muffins

Swap to:

sugar-free jelly
lower-sugar yoghurt
fresh or tinned fruit (in juice)
lower-sugar rice pudding
lower-sugar custard

Snack swaps



Swap from:

- chocolate bars
- biscuits
- doughnuts
- muffins
- other sugary snacks

Swap to:

- a slice of malt loaf
- a scotch pancake
- a crumpet
- crackers and lower-fat cheese
- plain rice cakes
- fresh or tinned fruit salad
- chopped veg and lower-fat hummus
- a lower-fat, lower-sugar yoghurt
- sugar-free jelly
- bread or toast