

Figure 1\*. Canadian Caries Risk Assessment Tool

### Canadian Caries Risk Assessment Tool (< 6 years)

Child's Name: _____ Child's Date of Birth: _____ Date of Assessment: _____		
Factors	Yes	No
Teeth cleaned with brush (or cloth if infant) at least twice daily by parent or caregiver	<input type="checkbox"/> (0)	<input type="checkbox"/> (1)
Daily exposure to fluoride (e.g. fluoridated toothpaste, fluoridated water)	<input type="checkbox"/> (0)	<input type="checkbox"/> (1)
Feeding practices (one or more – please check all that apply):		
<input type="checkbox"/> Bottle-feeding > 12 months of age; <input type="checkbox"/> use of bottle or sippy cup between meals with liquid other than water (e.g. pop, fruit juices, milk, chocolate milk) <input type="checkbox"/> Bedtime/naptime bottle or sippy cup use <input type="checkbox"/> No oral hygiene routine established after solid foods have been introduced while still breastfeeding or bottle-feeding after 12 months <input type="checkbox"/> Sugary snacks and drinks between meals (e.g. cookies, candy, sugary cereal, chips, pop, fruit juices, chocolate milk)	<input type="checkbox"/> (1)	<input type="checkbox"/> (0)
Family is low income (e.g. "has difficulty making ends meet at the end of the month")	<input type="checkbox"/> (1)	<input type="checkbox"/> (0)
Visible plaque and/or food debris on teeth	<input type="checkbox"/> (1)	<input type="checkbox"/> (0)
Visible caries (including white spot lesions) and/or past evidence of dental treatment for caries (e.g. fillings, stainless steel crowns, extracted teeth)	<input type="checkbox"/> (3)	<input type="checkbox"/> (0)
Total Score (please add up points from each row)		

Overall caries risk status: ☐ **High Risk** (score  $\geq 3$ ) ☐ **Low Risk** (score < 3)

#### RECOMMENDATIONS (Please check all that have been reviewed with parent/caregiver)

##### HIGH RISK:

If overall caries risk status is high, recommend the following in addition to the below:

- ☐ Refer to dental office for treatment if there is caries present.
- ☐ Apply fluoride varnish today.

##### FOR ALL CHILDREN:

- ☐ Refer to dental office (if child has not yet been to a dental office in the last year).

##### Caregiver Information – Recommend:

- ☐ That adult brushes child's teeth (< 8 years old) at least twice daily for 2 minutes with:
  - ☐ Water or non-fluoridated toothpaste only for 0-3 years of age if total score = 0
  - ☐ Smear (grain of rice size) of fluoridated toothpaste for 0-3 years of age (if total score > 0)
  - ☐ Green pea size of fluoridated toothpaste for 3-6 years of age
- ☐ Lowering sugar consumption or limiting sugary drinks/snacks
- ☐ Avoiding overnight bottle and sippy cup use with liquids other than water
- ☐ Initiate weaning off bottle by 12 months of age
- ☐ Initiate switching to an open cup/less sippy cup by 12 months of age
- ☐ Other: \_\_\_\_\_



##### ADDITIONAL COMMENTS:

Dental referral made to: \_\_\_\_\_ ☐ Not required (child has already been to dental office)  
 Provider signature: \_\_\_\_\_

### Canadian Caries Risk Assessment Tool (< 6 years) Signs of Plaque and Caries Lesions

Visible Plaque and/or Food Debris	
Early Caries (White Spot Lesions)	
Advanced Caries	 

Images courtesy of Dr. Robert Schroth

\*Please visit [cjdh.ca](http://cjdh.ca) and select the February 2026 issue (vol 60, no 1) to view the assessment tool in full size.