

# ECC Risk Assessment Card

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Purpose: 1-minute chairside checklist to assess Early Childhood Caries (ECC) risk level and guide prevention.

### STEP 1: ASK (History & Habits)

- ☐ Child under 6 years old?
- ☐ Visible plaque or white spot lesions?
- ☐ Snacks/drinks more than 3 times a day (other than water)?
- ☐ Drinks juice or milk at night / bottle beyond 12 months?
- ☐ Parent or sibling with caries?
- ☐ No fluoride toothpaste daily?
- ☐ Brushing less than twice a day?
- ☐ Missed dental visit in last 12 months?
- ☐ Screen time over 2 hours/day with frequent snacking?

### STEP 2: OBSERVE (Clinical & Environmental)

- ☐ Enamel defects / white chalky spots
- ☐ Multiple restorations or recurrent caries
- ☐ Dry mouth / poor saliva flow
- ☐ Deep pits & fissures / crowded teeth
- ☐ No sealants on primary molars
- ☐ Visible sugary diet (sticky foods, snacks)

### STEP 3: CALCULATE RISK

Each 'Yes' = 1 point.

0-2 -> LOW RISK: 6-month recall, fluoride toothpaste, diet check

3-5 -> MODERATE RISK: Add varnish & sealants, diet/screen-time counselling

6+ -> HIGH RISK: 3-month recall, SDF, probiotics, CAMBRA plan

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If any clinical lesion (white spots, enamel defects), upgrade one risk level.

### **STEP 4: COMMUNICATE WITH PARENTS**

LOW: Great job - let's keep this routine and recheck in 6 months.

MODERATE: We found a few early risk signs - we'll add varnish and sealants.

HIGH: Your child needs extra care - closer recalls and fluoride each visit.

### **STEP 5: DOCUMENT & REVIEW**

Record score in chart -> Tick interventions -> Review at next visit.

Tiny teeth need layered protection - brushing, healthy diet, and regular care!