

1 Lift the lip



- ✓ **Teeth:**
decay (including white spots), other discoloured areas, fractures
- ✓ **Gums:**
swelling, lumps, redness or other discoloured areas
- ✓ **Lips:**
ulcers or sores

2 Open wide and say 'AAH'



- ✓ **Oral hygiene:**
overall cleanliness (plaque, food debris)
- ✓ **Teeth:**
decay, loose or missing teeth, worn down teeth, crooked teeth
- ✓ **Tongue:**
tongue-tie, tongue thrust or lisp

Tips

- Ask child to rinse mouth prior to mouth check.
- **Tell, Show, Do technique** - tell the child what you are going to do and show how to lift the lip.
- **Count** teeth to allow more time to check.
- **Use** a torch, if possible, to improve visibility.