

Lesson Plan and Self-Study Module
Smart Smiles: Oral Health

Topic

- Having a healthy mouth or smile

Target Audience

- Pregnant Women; Parents/Caregivers of Infants & Children

Key Messages

- Tooth + food or beverages + 'Plaque' = Tooth Decay
- Brushing and Flossing, twice daily minimum
- Go to the dentist for regular check ups; especially early in pregnancy
- Eat healthy foods
- Limit sugary foods

Handouts

- Improving Women's and Children's Oral Health (Illinois Department of Public Health) Flip Chart
- Brush Up on Health Teeth (for Self Study Module)
- Self-Study Module - "Smart Smiles"

Resources / References

- Illinois Department of Public Health "Improving Women's and Children's Oral Health; available at <http://www.idph.state.il.us/HealthWellness/oralhlth/Improving%20Oral%20Health.pdf>
- Illinois Department of Public Health Fact Sheets and coloring pages; available at <http://www.idph.state.il.us/HealthWellness/oralhlth/factsheets.htm>
 - Baby Bottle Tooth Decay
 - Dental Health During Pregnancy

Evaluation

- "What is one new thing you learned today about taking care of teeth?"
- "What steps will you take to take better care of your teeth or your children's teeth?"

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1) Group Education

Lesson Plan

Materials

- Handouts listed on Cover Page

Methods

1. Today's topic is on 'Oral Health' or in other words we will talk about having a healthy mouth or smile. The purpose of today's discussion is to talk about the importance of a healthy mouth during pregnancy, infancy (before your baby is 1 year), and childhood. It is important for the whole family to eat the right foods and keep mouths clean to create healthy, happy smiles.
2. Have participants introduce themselves and name a food that starts with the same letter as their first name. (Write foods on board, for reference later on.)

Have IDPH 'Improving Women's and Children's Oral Health' flip chart in front of group for use during discussion.

3. (Flip chart page 1/2-Start now to give your child a healthy smile)

- You may not realize that for infants or children, a healthy mouth begins during a mother's pregnancy. The good news is that you can take the right steps to keep you, your baby or your child from having problems.

What have you heard about the importance of having healthy teeth and gums?
(Encourage participants to share ideas, while offering the following points)

- Healthy teeth not only give us a pretty smile, but we need to use them for eating.
- Also, if your teeth or gums get infected you can be in pain and infection can get to our blood and the rest of our body. This can make us really sick.

4. (Flip chart page 3/4- What You Should know about Dental Decay)

Have you heard another word used for tooth decay?
(Encourage participants to share ideas, while offering the following points)

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- You may know them as cavities.
- Here is the equation of what causes tooth decay (or cavities) (May write on board):

$$\text{Tooth} + \text{food or beverages} + \text{'Plaque'} = \text{Tooth Decay}$$

Plaque is a sticky, soft layer of germs that forms on everyone's teeth each day. If plaque is not brushed and flossed away, the germs use food to make an acid that attacks the teeth, called an 'acid attack.'

Based upon what you know or think, what are some foods that are more likely to cause tooth decay?

(Encourage participants to share ideas, while offering the following points)

- Foods may include candy, soda pop, or other foods high in sugar.
- Most food that can cause tooth decay do have sugars in them. In addition these foods, even foods that are good for you like: (write on board by foods collected during introduction) milk, juice, bread, cereal, and even infant formula all have some form of 'natural sugars'. So, even foods that may not taste 'sweet' can cause tooth decay.
- There are some foods that tend to stick to teeth, especially on the back teeth or molars, foods like caramels, sweetened cereals, or crackers. Also, drinking soda pop or even juice or milk throughout the day is like giving your teeth a 'sugary bath' all day, so the 'acid attack' on teeth keeps happening.
- **Which of these foods could cause tooth decay?** (Refer to foods from name introduction written on board. Review with group if could; may check or circle foods that could cause tooth decay. Discuss why or why not—sugars/sticky.)

5. (Flip to page 5/6-*Gum Disease is a serious disease*)

- Not only does plaque hurt our teeth but it can also 'attack' the gums and bone around teeth. If we don't clean that plaque off everyday, it can get hard and turn into something called 'tartar.' 'Tartar' can only be removed by going to the dentist. The problem with tartar is that it attracts even more plaque germs to the teeth!
- In pregnant women, gum disease can harm her unborn baby.

6. (Flip to page 7/8-Pregnancy and Oral Health)

- Mothers who have gum disease are more likely to deliver a premature or low birth weight baby. It is very important that women see a dentist or dental hygienist as soon as they find out they are pregnant.

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- Not only is it important for pregnant women to take care of their teeth, but what they eat is also important for their teeth and the unborn babies teeth. When a baby is developing, he or she needs calcium. The mother needs to eat enough calcium to build strong teeth. If the mother doesn't eat enough foods with calcium, the baby will take the calcium from the mother's bones.

Foods that are high in calcium are usually from the dairy food group, what are some foods that may be high in calcium?

(Encourage participants to answer, may have some food models or empty food product containers/pictures cards to assist as visuals. Note following items:).

- Milk* (best source of calcium)
 - Yogurt
 - Dried beans and peas*
 - Calcium fortified juice* (for vegans)
 - Cheese*
 - *note these are WIC foods
- After the baby's teeth come in, it is possible to pass germs from the mother to her baby. (Refer to bottom picture on page 8 of Flip Chart. Mother taking a bite of food then giving a bite to her son; also discuss same concern with shared cup use.)

What could a mother do to keep her mouth clean?

(Encourage participants to share ideas, while offering the following points)

- Brushing and Flossing, twice daily minimum
- Go to the dentist for regular check ups; especially early in pregnancy
- Eat healthy foods (mentioned calcium (for pregnancy) & limit foods with sugar, sticky foods, soda pop, etc.)

(Flip chart move ahead to pages 13/14; Refer to dentist office for proper brushing and flossing instructions.)

8. (Flip chart page 13/14-Early childhood caries is a serious disease)

- We talked about mom's teeth; let's talk now about babies and children's teeth. Early childhood caries means tooth decay early in a child's life.

Has anyone ever heard of 'baby bottle tooth decay, nursing bottle mouth, or bottle rot?'

- These are old terms for what we now call 'early childhood caries.

What do you know (or heard) about causes of early childhood caries?

(Encourage participants to share ideas, while offering the following points)

- Letting the baby fall asleep with bottle in mouth
- Using bottles or cup as pacifier (allows to carry/use throughout day)
- Any beverages with 'natural sugars' in bottle or cup (except water) being

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offered throughout day

- A few problems that can happen if a baby or child gets early childhood caries include:
 - painful, babies can't tell you what hurts
 - may affect permanent teeth and speech development
 - problems with chewing, may be unable to eat the foods for good health

9. (Flip chart page 15/16- *Checking for Childhood Caries*)

- Based upon this chart, there are two colors of spots on teeth that you should look for that show tooth decay. The first color is white spots and as it gets worse they turn into dark spots or areas.

10. (Flip chart page 17/18- *Preventing Early Childhood Caries*)

- The good news is you can prevent early tooth decay for your baby or child. Let's talk about some things you can do to help. You probably know that breastfeeding is the best choice for feeding babies. Other things you can do to help prevent tooth decay.....
- For Babies:
 1. Hold your baby when feeding
 2. Only offer formula, expressed breast milk, or water in a bottle
 3. Never put a baby to sleep or to bed with a bottle
 4. If a pacifier is used, never dip it in anything sweet (like honey or sugar)
 5. Introduce a cup at around 6 months and wean off the bottle by 1 year

What other ideas do you have to prevent tooth decay?

(Encourage participants to share ideas, while offering the following points) If cleaning is mentioned, will be discussing in a minute...)

- For Children:
 1. Don't allow a bottle or sippy cup to be carried around the house.
 2. Plan meals and snacks; constant snacking may lead to tooth decay.
 3. Offer meals and snacks sitting down; offer milk and/or juice at these times.
 4. Brush and floss after eating sticky, chewy foods like gummy fruit snacks. Be aware that other foods like taffy or caramels are also sticky; you may eat these but you should not be offering to a small child due to the risk of choking.

Any other ideas you have to help prevent tooth decay for children?

11. (Flip chart page 19- *Ways to put a baby to bed*)

What have you done to get your baby to go to sleep without using a bottle?

(Encourage participants to share ideas, while offering the following points)

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- Rock to sleep (flipchart)
- Sing or play soft music
- Read to the baby (flipchart)
- Rub or pat the baby's head or back

Has anyone had to break the habit of a baby or child taking a bottle to bed?

What worked for you?

- If using a bottle in bed:
 - Put only water in bottle or dilute down formula until only water
 - If the child is old enough to understand, tell them about why you want him/her to stop using the bottle. Give the child 2 or three options of soothing toys or a reading a book at bed time because those things are good and won't hurt their teeth.
 - KEEP THE MOUTH CLEAN and look at your child's teeth

12. (Flip chart page 21/22- Tips for cleaning teeth)

Can anyone tell me how you have cleaned your baby or child's teeth? (Encourage participants to answer; may support correct information and if incorrect, refer to flip chart pictures for *Cleaning infants and toddler's teeth*)

- Key points:
 - Wipe baby's gums with soft cloth. After teeth start coming in, switch to a soft baby toothbrush with only water.
 - Start toothpaste at age 2, only pea-sized amount (due to fluoride).
 - Supervise tooth brushing until about age 7; check teeth that food is removed.
 - Brush 2 times a day every day; usually after breakfast and before bed

13. **Before we review what we talked about today, what questions do you have about keeping teeth healthy?** (Encourage opportunity to ask questions; may answer or need to refer to answer after class, due to time/question.)

Evaluation

- Let's see if what you remember. Help me answer these questions:
 1. **What were the 3 items in our equation needed to create tooth decay?**
(tooth/teeth + food + plaque = tooth decay)
 2. **What is one reason why a baby can get 'early childhood caries'?**
(Examples: going to bed with bottle, using bottle or cup as pacifier/all day, offering items in bottle besides breastmilk, formula, or water)
 3. **What can we use to clean and infant's mouth?**
(soft gauze/cloth, then soft small brush with water once teeth start coming in)

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3) Self-Study Module (SSM)

Procedures

Agencies must have a procedure for using SSM, PPM NE 5.2

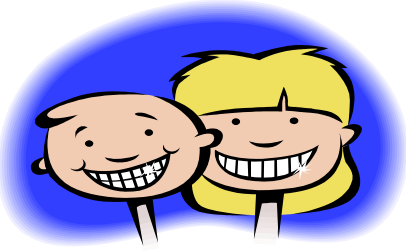
Methods

1. Give participant "Smart Smiles" worksheet and "Brush Up on Healthy Teeth" Handout. Ask if would like assistance completing.
2. Instruct participant to review the "Brush Up on Healthy Teeth" handout and then circle the correct true or false answers and write a goal to work on for healthy teeth.
3. Review the participant's selections when done completing the worksheet and ask if there are any questions or other issues to discuss.

***** This SSM is not yet translated. Notification will be sent when the Spanish version is available.

Participant's Name: _____

Date: _____



Smart Smiles Healthy Teeth for Your Family

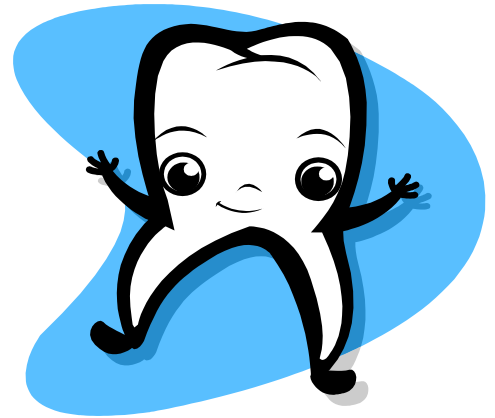
Read the handout "Brush Up on Healthy Teeth" and circle either True or False to these statements.

- | | | |
|------|-------|--|
| True | False | 1. Clean a baby's teeth as soon as the first tooth appears. |
| True | False | 2. Fluoride is important for healthy teeth. |
| True | False | 3. Begin using toothpaste at age 2, the size of a pea and teach your child to spit it out. |
| True | False | 4. Children must brush their teeth ten (10) times a day. |

Read the Healthy Teeth Tips and write down one step (goal) you can make to help you or your child have a healthy smile.

Healthy Teeth Tips:

- Breastfeed your baby
- Use a bottle only for: Breastmilk, formula or water
- Wean your child off the bottle by 12 months old
- Offer cup with water between meals
- Never put a baby to bed with a bottle
- Clean teeth early, starting as a baby
- Clean teeth and gums twice a day (Brushing & Flossing)



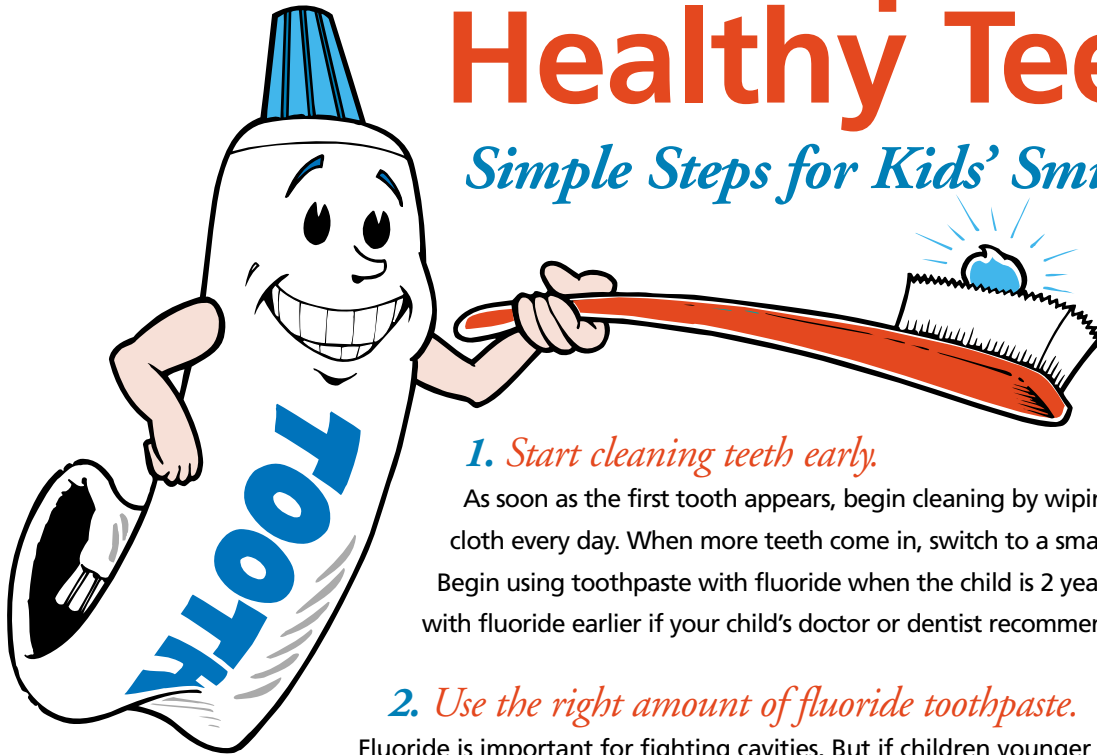
Healthy Smile Goal: (write on line below)

One step I can take to have a Healthy Smile for my child/myself is:

We would be happy to help you with this sheet or let you talk to a Nutritionist, please let us know.

Brush Up on Healthy Teeth

Simple Steps for Kids' Smiles



1. Start cleaning teeth early.

As soon as the first tooth appears, begin cleaning by wiping with a clean, damp cloth every day. When more teeth come in, switch to a small, soft toothbrush. Begin using toothpaste with fluoride when the child is 2 years old. Use toothpaste with fluoride earlier if your child's doctor or dentist recommends it.

2. Use the right amount of fluoride toothpaste.

Fluoride is important for fighting cavities. But if children younger than 6 years old swallow too much fluoride, their permanent teeth may have white spots. To keep this from happening, use only a small amount of toothpaste (about the size of a pea). Teach your child to spit out the toothpaste and to rinse well after brushing.

3. Supervise brushing.

Brush your child's teeth twice a day until your child has the skill to handle the toothbrush alone. Then continue to closely watch brushing to make sure the child is doing a thorough job and using only a small amount of toothpaste.

4. Talk to your child's doctor or dentist.

Check with the doctor or dentist about your child's specific fluoride needs. After age 2, most children get the right amount of fluoride to help prevent cavities if they drink water that contains fluoride and brush their teeth with a pea-sized amount of fluoride toothpaste twice a day.

Parents of children older than 6 months should ask about the need for a fluoride supplement if drinking water does not have enough fluoride.

Do not let a child younger than 6 years old use a fluoride mouth rinse unless the child's doctor or dentist recommends it.

Early care for your children's teeth will protect their smile and their health.

