

Prevent Early Childhood Tooth Decay

***Action* Plan Workbook and Toolkit**



**Healthy Smile Happy Child Pilot Project
of the Manitoba Collaborative Project for the Prevention of
Early Childhood Tooth Decay**

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Appendix A:	Additional Information and Resources Toothbrush Suppliers
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Introduction

This workbook is based on a community development approach used by the Healthy Smile Happy Child Pilot Project in Manitoba. We wish to acknowledge the contribution of the following communities to the contents of this manual:

- Norway House First Nation
- Roseau River First Nation
- South Neighborhood Cluster of the Point Douglas Community Area of Winnipeg
- Thompson Community

Early Childhood Tooth Decay Prevention *Action Plan*

Congratulations in your interest in preventing early childhood tooth decay (ECTD) in your community.

You are now the captain of the community team that will come together to fight ECTD. Your leadership is necessary to guide the planning process and to keep your plan on track.

This workbook was designed to help you work through the steps necessary for developing an “**ECTD Prevention Action Plan**” for your community.

Action Plan Steps (pgs. 7-17)

- Team building
- Finding your target audience
- Learning about ECTD
- Identifying useful learning tools
- Developing a community action plan



This is Early Childhood Tooth Decay (ECTD)



- ECTD is decay in children under 6 years of age
- Dental professionals call it Early Childhood Caries (ECC)
- ECTD affects 1/3 of high risk children in Manitoba
- Approximately 2000 children in Manitoba undergo dental surgery in hospital under general anesthesia every year to treat severe forms of ECTD
- Severe ECTD can affect a child from the time they get their first tooth!
- ECTD can impact childhood health
- ECTD is very painful

Early Childhood Tooth Decay Hurts

Children with ECTD can suffer from many problems:

- Trouble eating (which can lead to poor growth)
- Trouble sleeping due to pain
- Learning difficulties due to pain
- Repeated infections and fever
- Trouble speaking due to missing teeth
- Feeling bad about the way they look
- Crooked adult teeth

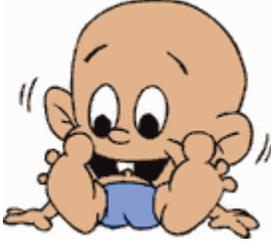


Early Childhood Tooth Decay is 100% Preventable!

Sources for ECTD Pictures

http://www.ada.org/public/topics/decay_childhood.asp

Baby Teeth Are Important



Baby teeth are needed for:

- Chewing
- Speech
- Preventing crooked adult teeth
- Healthy adult teeth
- Looking good

Major Causes of Early Childhood Tooth Decay

- No tooth brushing (leaving cavity-causing bacteria)
- Putting baby to bed with a bottle with anything but plain water
- Staying on the bottle and sippy cup past 1 year
- Carrying bottle or sippy cup around all day
- Not removing baby from breast (once they have teeth) before they fall asleep
- Poverty
- Lack of access to dental care and prevention
- Snacking too much on sweet foods and drinks



More Information

See **Appendix A** to find out where you can learn more about early childhood tooth decay.

Things That Cause ECTD

"All Are Needed"



Teeth

Things that increase risk for cavities:

- Poor nutrition in pregnancy
- Poor diet in infancy



Dirty Teeth

Too Much Sugar

- Giving baby a bottle in bed (with anything but water)
- Putting any fruit juice or sweet drink in bottle or sippy cup
- Baby on bottle or sippy cup beyond 12-14 months
- Frequent sweet snacks between meals
- Adding sugar to food or drink

Mom:

- Cavities and bacteria in her own mouth
- Not brushing enough/properly

Baby:

- Not cleaning mouth or brushing teeth enough or properly
- Bacteria on baby's teeth

It is usually the mother that passes on the cavity-causing bacteria to baby by:

- Kissing on mouth
- Tasting food
- Cleaning soother in her mouth
- Sharing toothbrush



Ways to Prevent ECTD

Eating Habits

For Mom:

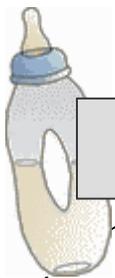
- Eat a healthy prenatal diet rich calcium and vitamin D

For Baby:

- Give breastfed babies a vitamin D supplement
- Feed baby a healthy diet which includes foods rich in calcium and vitamin D



Bottle & Sippy Cup



- Do not put baby to bed with a bottle (unless it contains plain water)
- Serve unsweetened juice and other sweet drinks in a regular cup
- Wean baby off the bottle and sippy cup to a regular cup by 14 months

Mouth & Tooth Care



For Mom:

- See dentist for regular care starting early in pregnancy
- Brush teeth regularly

For Baby:

- Brush twice a day (especially before bed) using a tiny amount of fluoride toothpaste
- See dentist by first birthday

Fluoride in your water can help prevent tooth decay. If your water is not fluoridated talk to your dentist.

Early and regular dental visits starting by 1 year of age is important for preventing ECTD.

ACTION PLAN STEPS

Exercise 1: Build Your Team



Put Together a Team That Will Work to Eliminate ECTD

Your team will consist of a group of people who will help get the community involved in ECTD prevention.

Include parents whose children have experienced ECTD as they know from experience what may work.

Recruit Your Players

Check off people that you know will want to help and add others as you think of them:

- Community Parents and Other Caregivers
- Community Health Workers
- Community Program Workers (i.e. - Prenatal Program and Headstart)
- Daycare Workers
- High School Family Studies Teacher
- Chief and Council / Community Leaders / Elders
- Health Director
- Dental Professionals
- Physicians
- Clinic Nurses and Public Health Nurses
- _____
- _____

Important team members are parents and those who work with children under 6 years. They can teach parents about ECTD prevention and can adopt tooth-friendly practices in their own programs.

Exercise 2: Know Your Game

* Complete the rest of this workbook with your team.

Target Audience



Your target audience is made up of the people you want to educate about ECTD prevention.

They may be parents, other caregivers or program workers that can in turn educate parents.

Your target audience is anyone who cares for children up to six years of age. The goal is to find these people and then teach them about ECTD prevention.

Identify the caregivers in your community:

- Parents
- Child Program Workers and Other Caregivers (list these below)
- Community in General
- _____
- _____
- _____
- _____
- _____
- _____
- _____





Use Existing Community Programs

The most effective way to educate the community about ECTD prevention is to **include key messages in current programs.**

These programs already have a relationship with parents and caregivers making their messages about ECTD more meaningful.

Examples of How Existing Programs Can Be Used:

- a) A prenatal or parenting program could do activities with parents to teach them about caring for baby's teeth.
- b) A daycare program could;
 - Start a brushing program for their children
 - Remind parents that baby needs to see the dentist/dental therapist by their 1st birthday
 - Help wean baby off the sippy cup once they turn a year old



Identify programs in your community that could teach caregivers about ECTD prevention. Also list programs that could do prevention activities with children under six years:

- Prenatal and Postnatal Program
- Well Baby Clinic and Immunization Clinic
- Headstart Program
- Daycare
- Parenting Programs
- Child and Family Services / Foster Care
- _____
- _____

Exercise 3: Gather Your Equipment

Equip Your Players

Equipping your players means two things:

1. Educate people in your community about ECTD prevention (especially those who teach others).

You may want to provide them with the references in Appendix A and/or do a presentation for them using the outline in Appendix G.

2. Give educators the tools they need to talk about ECTD. Instructions for making the tools below are found in the appendices.



Learning Tools (Toolkit)

The **Appendices** contain several easy-to-use learning tools for people with little knowledge of ECTD. These tools will help them teach both individuals and groups.

You will find:

- Additional Sources of Information
- Dental “Goody Bags” (instructions)
- Dental Bingo Game
- True/False Game
- “So Sweet” Baby Bottles (instructions)
- Smile Fair (instructions)
- Teaching Outlines



Identifying Helpful Community Resources

It is helpful to create a list of resources in your community that can be useful in sharing prevention messages.

Check off the resources specific to your community and add others:

- Community Health Worker
- Prenatal and Postnatal Program
- Well Baby Clinic and Immunization Clinic
- Headstart Program
- Daycare
- Parenting Program
- Peer Program
- Home Visiting Program
- Health Centre/Nursing Station
- Recreation Centre/Community Centre
- Local TV Station
- Local Radio Station
- Local Mall
- Health Fair
- High School Family Studies Class
- Dental Professionals
- Physicians and Nurses
- Newsletters
- Website
- Child and Family Services / Foster Care
- _____



Examples of Ways to Use Community Resources:

1. Play the True/False game over the radio. (See Appendix D)
2. Have a Lift the Lip booth at a Community Health Fair. (See Appendix F)
3. Give the family studies teacher instructions for creating learning tools.
4. Add ECTD information to community newsletters.
5. Use the True/False game to make placemats for your local restaurants.
6. Suggest a daycare and Headstart policy to restrict the types of drinks being brought into the centers.

Exercise 4: Plan Your Game

Planning in Progress



Your planning is already underway. You have:

- Built a team to work together
- Learned about ECTD
- Found programs for parents and children under six
- Reviewed learning tools
- Identified community resources

There are a few of other important things to consider including in your prevention plan:

- **Lift the Lip** (checking for ECTD)
- **Flouride Varnish**
- **Brushing** (encouraging brushing programs and toothbrushing at home)

Lift the Lip

The start of ECTD often can not be seen when a child smiles because decay usually starts at the gumline.



<http://www.calgaryhealthregion.ca/hecomm/oral/liftlip.htm>

The top lip needs to be lifted when checking for decay. ECTD begins as white chalky lines along the gum line and grows into brown holes in the teeth. (See 1 year pamphlet – Appendix B)

Parents and caregivers can easily lift the lip to check for signs of ECTD at least once a month. Programs and health providers serving children could do a **Lift the Lip** examination monthly.

If caught early ECTD can be stopped!

Who Can Lift the Lip in Your Community?

Identify people or programs who could do Lift the Lip in your community. Also indicate places where caregivers could be taught to do Lift the Lip.

- Parents
- Parenting Programs
- Well Baby Clinic or Immunization Clinic
- Headstart Program
- Prenatal Program
- Daycare
- Health Fair
- Community Centre
- Health Centre/Nursing Station
- Child and Family Services / Foster Parents
- Doctors / Nurses
- Community Health Representatives
- Home visitors
- _____
- _____



Ask a dental professional in your community to teach your team, parents, caregivers and program workers how to Lift the Lip and brush baby's teeth.

You can also show the Lift the Lip and Brushing Baby's Teeth Daily VIDEOS (See Appendix A for ordering information).

Fluoride Varnish

Fluoride Varnish can be applied to baby teeth to prevent and stop ECTD. Fluoride Varnish application is painless and fast. Ask your dental professional about other preventive options for children in your community.

Promote Brushing

Babies need their teeth brushed twice a day (especially before bed) as soon as the first tooth comes in (around 6 months of age).

Try to include ways to promote brushing in your prevention plan:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



Examples of Ways to Promote Brushing

1. Demonstrate how to brush baby teeth on a local infant.
2. Show the Brushing Baby Teeth Daily VIDEO. (See Appendix A)
3. Give information on how to brush baby's teeth (how to brush, when to start toothpaste). (See pamphlet Appendix C)
4. Talk to childcare programs about including brushing in their programs.
5. Distribute child-size toothbrushes to parents through childcare programs.
6. Encourage physicians and nurses to emphasize the need for brushing and other preventive behaviours at immunization and check-up visits.

Exercise 5: Play Ball



Action Plan Worksheet

This exercise will help your team plan prevention activities for one year. Identify dates and people responsible for specific tasks on your plan.

Review exercises 1 through 4 and answer the questions below before you complete your Action Plan Worksheet (pg. 17).



1. How will your group reach a variety of people from the target audience? (pg. 8)
2. What existing programs can be used to get ECTD prevention messages out into the community? (pg. 9) What resources can these programs use to educate? (pg. 10)
3. Which community resources can be used? (pg. 11)
4. How and where can **Lift the Lip** be taught to parents or be done on site at programs? (pg.13 &14)

A sample Action Plan has been completed on the following page. Record your ideas on the blank worksheet that follows. Photocopy this blank sheet before you begin, so it can be used again next year.

Sample Early Childhood Tooth Decay Prevention Action Plan

Year: 2004



Team Members:

Lucy M. (Prenatal/Postnatal Program), Betty G. (Headstart), Sally G. (Parent), Sharon K. (Nutritionist), Janice L. (Public Health Nurse), Jodie M. (Dental Hygienist), Jeff R. (Daycare), Rick W. (Parent)

Activities	Goals	Person(s)	Date
Smile Fair at Mall <ul style="list-style-type: none"> • “So Sweet” Bottles • Fact sheets • Lift the Lip Demonstration • Smart Snacks Game for kids 	<ul style="list-style-type: none"> • Give caregivers information on prevention and detection of ECTD • ECTD detection by dental Hygienist / Dental Staff 	Sally G. Jodie M. Sharon K. Jeff R.	January 20
Teaching Tools Distribution to Programs <ul style="list-style-type: none"> • True/False Game • Dental Bingo Game • Resource Section of Manual • So Sweet Bottles (instructions) • Dental Goody Bags (Instructions) • Fact sheets and posters (manual and Circle of Smiles-order) 	<ul style="list-style-type: none"> • Encourage programs to include ECTD information in program by providing teaching resources • Programs/People to receive resources: Headstart, Prenatal/Postnatal, Daycare, Public Health Nurses, Immunization Clinic, Family Studies Class 	Lucy M. Betty G. Sharon K. Rick W.	By April 15
Fact Sheet and Poster Distribution Within the Community <ul style="list-style-type: none"> • Circle of Smiles pamphlets and posters (order) • Fact sheets from manual 	<ul style="list-style-type: none"> • Make information about ECTD prevention widely available in community • Distribute to: health center, mall posterboard, community center posterboard, dental and medical centres 	Betty G. Sally G. Jodie M. Other Volunteers	By June 30
Peer Educator Training <ul style="list-style-type: none"> • Train-the-trainer using outline in Manual • Encourage brushing programs • Demonstrate use of teaching tools 	<ul style="list-style-type: none"> • Training for: Headstart, Prenatal/Postnatal, Daycare, Peer Program, Family Studies • People trained will be informed about ECTD and be able to do education in the community using outline in manual 	Lucy M. Janice L. Jodie M.	August
Community Health Fair <ul style="list-style-type: none"> • Lift the Lip Demonstration • ECTD Screening • Toothbrush Distribution (seek donation or funding) • “So Sweet” Bottles • Smart Snack Game for Kids 	<ul style="list-style-type: none"> • Increase community awareness • Increase ECTD preventive behaviours • Encourage brushing and screening at home • Encourage healthy foods 	Lucy M. Sally G. Jodie M. Rick W. Other Volunteers	November 9

Early Childhood Tooth Decay Prevention *Action Plan*

Year: _____



Team Members:

Activities	Goals	Person(s)	Date

Learning Tool

- Additional Information and Resources on Early Childhood Tooth Decay (ECTD)
- Suppliers



Additional Information and Resources



Many of the organizations below have ECTD fact sheets that can be downloaded off their websites and links to other helpful websites.

(* Indicates Resources not reviewed by this project)

1. **Manitoba Health Dental Consultant**
 - Tel: (204)788-6729
2. **Centre for Community Oral Health, University of Manitoba**
 - Tel: (204) 789-3393
 - Provider of Community Dental Services in Manitoba
3. **Manitoba Regional Dental Unit, First Nations and Inuit Health Branch**
 - Tel: (204) 983-2871
4. **Circle of Smiles Kit**
 - Produced by St. Theresa Point First Nation and the former Nursing Caries Committee of Winnipeg Children's Hospital
 - Posters, pamphlets, video for kids, adults and TV station, table-top display, shelf-markers to identify healthy foods, board game for kids
 - Tel: (204) 983-2871
5. **Calgary Health Region (Lift the Lip Cards) (How Much Fluoride Toothpaste Cards)**
 - Many online resources
 - **Lift the Lip** Cards (how to detect ECTD) and large **Lift the Lip** display board
 - www.calgaryhealthregion.ca
 - www.calgaryhealthregion.ca/hecomm/oral/liftlip.htm
 - <http://www.calgaryhealthregion.ca/hecomm/oral/fltoothpaste.htm>
 - <http://www.calgaryhealthregion.ca/hecomm/oral/strongbaby.htm>
 - Tel: (403) 228-3384
6. **Canadian Dental Association**
 - Online resources
 - http://www.cda-adc.ca/english/your_oral_health/caring_teeth/info_for_parents_teachers/early_childhood.asp
 - Tel: (613) 523-1770
7. **Canadian Dental Hygienists Association**
 - Tel: 1-800-267-5235
 - www.cdha.ca

8. **BC Northern Health Authority (Brush Up on Baby's Teeth Handout)**
 - Brush Up on Baby's Teeth handout and other resources
 - Tel: (250) 638-2232 or (250) 847-7891

9. **American Dental Association**
 - Pictures of ECTD
 - Many excellent links
 - http://www.ada.org/public/topics/decay_childhood.asp
 - <http://www.ada.org/public/media/videos/psa/index.asp#toothdecay>
 - Tel: (312) 440-2500

10. **American Academy of Pediatric Dentistry**
 - www.aapd.org
 - <http://www.aapd.org/publications/brochures/content/babycare.html>
 - Tel: (312) 337-2169

11. **American Academy of Pediatrics**
 - www.aap.org
 - http://www.aap.org/bst/showdetl.cfm?&DID=15&Product_ID=1855&CatID=138
 - <http://www.aap.org/pubserv/weaning.htm>
 - <http://www.aap.org/pubserv/teething.htm>
 - Tel: (847) 434-4000

12. **American Dental Hygienist's Association**
 - www.adha.org
 - <http://www.adha.org/oralhealth/children.htm>
 - Tel: (312) 440-8917

13. **Nevada State Health Division**
 - <http://health2k.state.nv.us/oral/effects.pdf>
 - <http://health2k.state.nv.us/oral/caries.htm>
 - Tel: (775) 684-4285

14. **University of Washington (Lift the Lip VIDEO) (Brushing Baby Teeth Daily VIDEO)**
 - **Lift the Lip VIDEO** (order form online)
 - **Brushing Baby Teeth Daily VIDEO** (order form online)
 - Early Childhood Caries: A Team Approach to Prevention and Treatment BOOK
 - <http://www.dental.washington.edu/conted/store>
 - Tel: (206) 543-5448

15. **Colgate Bright Smiles, Bright Futures**
 - Dental activities for kids and resources for adults
 - <http://kids-world.colgatepalmolive.com/>
 - http://www.colgatebsbf.com/healthed/ohe_main.asp

16. **U.S. Department of Health and Human Services**
 - Anticipatory guidance booklet with handouts
 - <http://health2k.state.nv.us/oral/SpecialFolder/AG%20Manual%20.pdf>

After logging on to websites try the following searches:

- early childhood caries
- nursing caries
- early childhood tooth decay
- baby bottle tooth decay
- baby tooth decay
- dental care or tooth care

17. **Baby Teeth: Love 'em & Lose 'em VIDEO***
 - 15 minute video
 - Documents Management, P.O. Box 47845, Olympia, WA 98504
 - DOH Pub# 961-159

18. **Early Childhood Oral Screening for Health Care Providers***
 - Detailed photos of healthy mouths and mild to severe decay
 - Arizona Department of Health Services, Office of Oral Health, 1740W. Adams, Room 10, Phoenix, Arizona 85007
 - Tel: 1-(602) 542-1866

19. **Tool Card Series***
 - Information on oral health assessment, prevention and anticipatory guidance
 - Designed for non-dental staff
 - Tel: 1-(703) 442-5318

20. **Tooth Tip Cards***
 - Set of 6 cards for clients
 - Tel: 1-(602) 542-1866

21. **Quick Reference Card***
 - National Maternal and Child Oral Health Resource Centre, 2000 15th Street North, Suite 701, Arlington VA 22201

22. **Early Childhood Caries: A Team Approach to Prevention and Treatment**
 - BOOK
 - Tel: 1-(206) 543-5448

23. **National Institute of Dental and Craniofacial Research**
 - www.nidcr.nih.gov/
 - Tel: 1-(301) 402-7364
 - Many handouts on protecting baby teeth, brushing and flossing

24. **University of Minnesota Free Online Course**
 - Course: Dental Health Screening and Fluoride Varnish Application
 - Cost applies to materials
 - www.meded1.ahc.umn.edu/fluoridevarnish/

Other resources you've found:



Toothbrush Suppliers

You can often purchase bulk quantities of toothbrushes and other mouth care supplies from distributors at a lower cost than from the store.

Check your yellow pages under *Dental Equipment and Supplies* for additional contacts.

- | | |
|--|--|
| 1. Sunstar Butler
www.jbutler.com
Tel: (800) 265-8353 | Sunstar Butler
515 Governors Road
Guelph Ontario N1K 1C7 |
| 2. Oral-B Laboratories
www.oralb.com | Oral-B Laboratories
4 RS Parkway Suite 100
Mississauga, Ontario L4Z 4C5 |
| 3. Colgate Oral Pharmaceutical
www.colgate.com
(800) 265-4283 | Colgate Oral Pharmaceutical
146 Montrose Street
Winnipeg, Manitoba R3M 3M6 |
| 4. Maxill Inc.
www.maxill.com
(800) 268-8633 | Maxill Inc.
80 Elm Street
St. Thomas, ON N5R 6C8 |

This information is useful to programs wanting to start a brushing program or who want to give caregivers infant toothbrushes.



Local charitable organizations and dentists may be interested in taking part in your project by purchasing infant and adult toothbrushes for your project.

Learning Tool

- Dental “Goody Bags”
(Anticipatory Guidance Bags)



Dental “Goody Bags”

Purpose of Dental “Goody Bags”

Dental “Goody Bags” show parents what they will need at different stages to take care of baby’s teeth. The bags can either be given to parents or simply discussed with parents to give important messages appropriate for that specific stage of early childhood.

The ages of the dental goody bags correspond with immunization schedules to encourage those doing the immunization to:

- Check for early childhood tooth decay
- Review the contents of the appropriate dental “goody bag “

What Dental “Goody Bags” Look Like



Instructions for “Goody Bag” Assembly

STEP 1: Assemble

- a) Gather items (listed below) for each of the four “goody bags”. The fact sheets to be included follow in this appendix.
- b) Put items for each age group in a medium-sized zippered plastic bag.

Items for “Goody Bags”:

<u>Newborn</u>	<u>2 Months</u>	<u>6 Months</u>	<u>1 Year</u>
Fact sheet	Fact sheet	Fact sheet	Fact sheet
Soother*	Infant toothbrush	Infant toothbrush	Infant toothbrush
Baby washcloth	Teething ring	Sippy cup	Toothpaste card**
Toothbrush for mom			Lift the Lip card**
			Toothpaste
			Dental floss
			Gum with Xylitol

* You may want to put a label on the soother that indicates a soother is not recommended in the first 4-6 weeks of breastfeeding as it can lead to nipple preference.

** See Appendix A for ordering information. Order from Calgary Health Region.

STEP 2: Label

- a) Add label to each plastic bag to identify the age.

Sample labels:

Newborn
Prevent Early Childhood Tooth Decay

2 Months
Prevent Early Childhood Tooth Decay

6 Months
Prevent Early Childhood Tooth Decay

1 Year
Prevent Early Childhood Tooth Decay

STEP 3: Key Messages

- a) Place bags in four separate storage boxes.
- b) Identify the age and the key messages (below) to be reviewed on the front of the box.

Newborn

- Comfort baby with a soother instead of a bottle (after breastfeeding is well-established usually 4-6 weeks)
- Wipe baby's gums twice a day starting at birth
- It is important for mom to take care of her teeth to prevent the spread of cavity-causing bacteria to baby (visit the dentist and brush daily for 2 minutes)

2 Months

- Start brushing baby's teeth as soon as the first tooth appears
- Use a teething ring instead of teething biscuits

6 Months

- Start brushing baby's teeth as soon as the first tooth appears
- Switch from the bottle to a sippy cup
- Do not use the sippy cup for juice or pop, use a regular cup that you help hold

1 Year

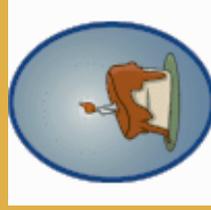
- Check for early childhood tooth decay regularly
- Start using a very tiny smear of toothpaste 1/8 size of a pea with fluoride
- Switch from the bottle and sippy cup to regular cup by 14 months

TIP:

Key messages on the front of the storage box quickly reminds the educator of what needs to be talked about when the "goody bag" is given out.

Tooth Tips

- Brush baby's teeth
- Don't allow constant sipping from a bottle or sippy cup
- Wean to a regular cup by 12-14 months
- Give healthy food and snacks
- Limit juice and pop
- Help your kids brush until they are 8 years old
- Don't use food to comfort your child
- See the dentist for a check-up by his or her first birthday



First Dental Visit by 1st Birthday

Dentally Appropriate Healthy Snacks

- Cheese & Crackers
- Milk
- Yogurt
- Fruit and vegetables
- Bannock / whole grain bread
- Ham, beef or chicken sandwich
- Unsweetened applesauce
- Non-sugar coated cereal -
- Unsweetened rice cakes
- Hard boiled egg *

CAUTION: Some of these foods may be a choking or allergy* hazard for young children. Texture of foods may need to be changed for younger children (i.e. -cook and grate or slice hard raw vegetables and fruit, cut grapes in half, grate cheese, etc). Check with a physician, nurse or nutritionist if you are unsure.



If you have questions about your baby's teeth please call your:

- Dentist
- Dental therapist
- Dental hygienist
- Doctor or nurse

Baby Teeth are Important

Healthy Smile Happy Child



▲ 1 Year

Prevent Early Childhood Tooth Decay

▶ Toothpaste Tips

Start using a very small smear of fluoride toothpaste at one year (1/8 size of a pea).



More is NOT better!

Too much toothpaste can cause permanent spots on adult teeth.

Adults should put the toothpaste on the toothbrush for young children.

Teach your child to spit out toothpaste after brushing.

Put toothpaste away in a safe place after brushing. Some children like the taste of toothpaste.

Look for a brand of toothpaste that says "Recognized by the Canadian Dental Association".



Lift the Lip!

Check your child's teeth at least once a month for signs of decay.

Lift the top lip and look along the gumline. Decay often starts there.

Check behind the top front teeth using a dental mirror (available at most drugstores).

Decay looks like white, brown or discolored areas on the teeth, often along the gum line.



Whitish lines along the gum line.



Brown areas or decayed spots along gum line.

Pictures:
www.calgaryhealthregion.ca/

How Much Toothpaste?



Pictures:
www.calgaryhealthregion.ca/hccomm/oral/ftoothpaste.htm

Baby Teeth are Important!



Healthy Smile Happy Child Project
Norway House Dental Therapy Program
January 2004



Early Childhood Tooth Decay is Painful!

Pain from early childhood tooth decay can affect children in many ways.

This pain can:

- Make it difficult to eat enough (can affect growth)
- Make it difficult to concentrate and learn
- Make it difficult to sleep
- Affect behaviour



http://www.ada.org/public/topics/decay_childhood.asp



If you have questions about your baby's teeth please call your:

- Dentist
- Dental therapist
- Dental hygienist
- Doctor or nurse



Healthy Smile Happy Child Project
Norway House Dental Therapy Program
January 2004

Baby Teeth Are Important!

Protect Your Baby's Beautiful Smile



▶ **6 Months**

Prevent Early Childhood Tooth Decay

▶ **Tooth Tips**

- Brush baby's teeth twice a day
- Brushing before bed is especially important
- Use water to brush instead of toothpaste until baby's 1st birthday
- Use a teething ring instead of teething biscuits
- Avoid putting juice, pop and other sweet drinks in the bottle or sippy cup (use a regular cup)
- Put water in sippy cup or bottle between meals
- No bottle or sippy cup in bed unless it contains plain water
- Switch from the bottle to the sippy cup at 6 months
- Wean baby off the bottle **and** sippy cup onto a regular cup by 14 months



Brushing Baby's Teeth

- Brush twice a day with water until baby turns 1 year old
- Use a very small amount of fluoride toothpaste once baby turns one year
- Adults should help brush their child's teeth until they turn 8 years



www.calgaryhealthregion.ca/hecomm/oral/ftoothpaste.htm



www.calgaryhealthregion.ca/hecomm/oral/ftoothpaste.htm

Q & A's

Question:

How can I break my baby's habit of going to bed with a bottle of formula?

Answer:

Water is the only safe liquid for teeth in a naptime or bedtime bottle. Gradually dilute the formula with water until there is only water in the bottle.

Question:

When should my baby see the dentist for the first time?

Answer:

By his or her 1st birthday.

Baby Teeth Are Important!



Healthy Smile Happy Child Project
Norway House Dental Therapy Program
January 2004

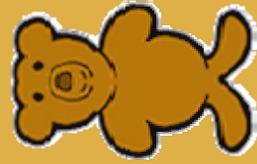
Protect Baby Teeth!

Don't put juice, pop or sweet drinks in the bottle or sippy cup (give a small amount of water instead)

Don't put baby to bed with a bottle or sippy cup (unless it contains plain water)

Wean baby off the bottle and onto a sippy cup around 6 months

Take baby off the bottle and sippy cup by 14 months



If you have questions about your baby's teeth please call your:

- Dentist
- Dental therapist
- Dental hygienist
- Doctor or nurse

Baby Teeth Are Important!



Healthy Smile Happy Child Project
Norway House Dental Therapy Program
January 2004

Baby Teeth Are Important!



Protect Your Baby's Beautiful Smile

▶ 2 Months

Prevent Early Childhood Tooth Decay

▶ Early Childhood Tooth Decay is Painful!

Often children with early childhood tooth decay have teeth removed because of pain and to prevent decay from affecting healthy teeth.



Advanced Early Childhood Tooth Decay

([www.ada.org/public/
topics/
decay_childhood](http://www.ada.org/public/topics/decay_childhood))

This pain affects:

- Eating
- Sleeping
- Learning
- Behaviour

Removing baby teeth can cause problems like:

- Difficulty chewing food
- Trouble speaking
- Crooked adult teeth
- Problems with general health
- Feeling bad about self



Tooth Tips

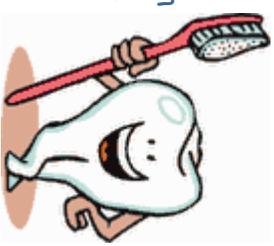
- Breastfeed (breastfed babies need a vitamin D supplement)
- No juice, pop or other sweet drinks in bottle or sippy cup
- Limit unsweetened juice to 1/2 cup a day and dilute with water



- Put plain water only in bedtime or naptime bottles
- Don't prop the bottle, hold baby to feed
- Don't let baby walk around with a bottle or sippy cup
- Wipe gums and brush baby teeth twice a day
- Serve healthy food and drinks
- Don't dip the soother in sweets
- Use a teething ring instead of teething biscuits

Brush Baby Teeth

Brush baby teeth as soon as they come in



Brush twice a day, especially before bed

Do not use fluoride toothpaste until baby's 1st birthday; use water only



Healthy Smile Happy Child Project
Norway House Dental Therapy Program
January 2004



Mouth Care Tips

- Breastfeed
- Clean baby's mouth after feeding
- No bottle in bed
- Comfort baby without a bottle
- Feeding time is holding time
- Parents take care of your own teeth



Prevent Early Childhood Tooth Decay



If you have questions about your baby's teeth please call your:

- Dentist
- Dental therapist
- Dental hygienist
- Doctor or nurse

Baby Teeth Are Important!



Healthy Smile Happy Child Project
Norway House Dental Therapy Program
January 2004



Mouth Care for Your Baby



Newborn

Prevent Early Childhood Tooth Decay

Baby Teeth Are Important!

▶ Breastfeeding is Best

Breastfeeding is the best food for your baby. It also promotes the development of a strong jaw and healthy teeth.



Breastfeeding at night:

Once your baby has teeth, remove him or her from the breast before they fall asleep. This encourages them to swallow their last mouthful of breastmilk which could rot the teeth if left in their mouth overnight.

▶ Mouth Care

Even before teeth appear it's important to care of your baby's gums. Wipe his or her gums at least twice a day with a clean damp wash cloth. Brushing baby's teeth will be easier because her or she will be used to you working in their mouth.



Feeding Time is Holding Time

• • • • • • • • • • • • • • • •

Propping the bottle on a pillow can lead to early childhood tooth decay. Baby may not swallow their last mouthful of formula or other nourishment. It can pool around the teeth and eventually cause decay.

Comfort Without a Bottle

When your baby is not hungry try comforting him or her by:

- Holding
- Rocking
- Singing
- Rubbing their back
- Giving a soother*

* *Giving a soother before breastfeeding is well established (usually about 6 weeks) can cause problems with breastfeeding.*

Beds and Bottles Don't Mix

Never put your baby to bed with a bottle unless it contains plain water. Anything else in the bottle can quickly lead to early childhood tooth decay.

Tooth or False?

Babies are not born with the germs that cause cavities. They get these germs from their caregivers.

True! Ways cavity-causing germs are passed on to baby: *kissing baby on the mouth, tasting their food and putting pacifier in adult's mouth.* By taking good care of their own teeth, caregivers can protect baby's teeth from these germs for longer.



• • • • • • • • • • • • • • • •

Baby Teeth Are Important!



Healthy Smile Happy Child Project
Norway House Dental Therapy Program
January 2004



Appendix C

Learning Tool

- Dental Bingo
- General Handouts



Dental Bingo

Purpose of the Game

Dental Bingo allows program workers and peer educators to teach about Early Childhood Tooth Decay prevention in a fun, interactive and informal way.



The person leading the game can know very little about early childhood tooth decay as the answers are provided on the back of the calling cards.

Handouts

You can provide players with any of the following handouts once the game is over:

- Choose your own using the resource section in Appendix A.
- Handouts provided after the Bingo game in Appendix C

How to Play Dental Bingo

1. Begin by photocopying the 5 master cards and cutting out the 26 calling cards.
2. Photocopy the 5 master cards for the players (one for each player). (Be sure to make copies of each of the 5 master cards. If the players all get the same card number everyone will win at the same time.)
3. Have players cross out the free space in the middle with a pencil or crayon.

4. Select a bingo calling card and either read the sentence or if there is a picture tell the players what picture to look for. **After people have checked their cards flip your calling card over and read the explanation on the back so people can learn about Early Childhood Tooth Decay.*

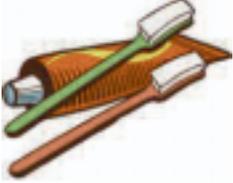
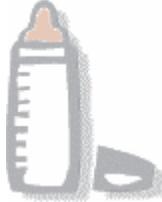
5. You may want to give out a small tooth-friendly prize to winners. Some suggestions: toothbrush, sippy cup, dental floss, toothpaste (for babies over 1), a banana, a vegetable, whole-wheat crackers, cheese, etc.

Laminate Your Dental Bingo Game

You may want to laminate your master cards and calling cards to protect them.

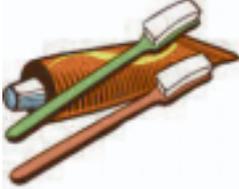
Dental Bingo Card #1

Healthy Smile Happy Child Project

B	I	N	G	O
			<p>Baby tooth decay can be prevented!</p>	<p>Babies, bottles and beds do not mix.</p>
	<p>Limit juice to $\frac{1}{2}$ a cup a day. Give water for thirst.</p>			<p>Early Childhood Tooth Decay is painful!</p>
		<p>Free Space</p>	<p>Breast to cup is best.</p>	
<p>Baby teeth are important!</p>		<p>Help brush your child's teeth until they turn 8 years old.</p>		<p>Sweets and soothers do not mix!</p>
	<p>Brush teeth gently, bottom teeth up and top teeth down.</p>	<p>Wipe your baby's gums daily from birth.</p>		

Dental Bingo Card #2

Healthy Smile Happy Child Project

B	I	N	G	O
<p>Limit juice to $\frac{1}{2}$ a cup a day. Give water for thirst.</p>			<p>Early Childhood Tooth Decay can be prevented!</p>	<p>Babies, bottles and beds do not mix.</p>
<p>Wipe your baby's gums daily from birth.</p>		<p>Breast to cup is best.</p>		
	<p>Baby teeth are important!</p>	<p>Free Space</p>		<p>Sweets and soothers do not mix!</p>
		<p>Brush your child's teeth until they turn 8 years old.</p>		<p>Early Childhood Tooth Decay is painful!</p>
	<p>Brush teeth gently, bottom teeth up and top teeth down.</p>			

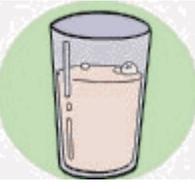
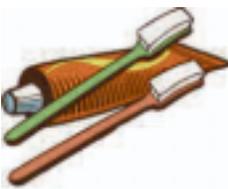
Dental Bingo Card #3

Healthy Smile Happy Child Project

B	I	N	G	O
		<p>Wipe your baby's gums daily from birth.</p>	<p>Parents are good examples! Take care of your teeth.</p>	
	<p>Limit juice to $\frac{1}{2}$ a cup a day. Give water for thirst.</p>			<p>Babies need to see the dentist by their 1st birthday.</p>
		<p>Free Space</p>		<p>Brush your child's teeth until they turn 8 years old.</p>
<p>Baby teeth are important!</p>	<p>Breast to cup is best.</p>		<p>Babies, bottles and beds do not mix.</p>	
	<p>Sweets and soothers do not mix!</p>		<p>Brush teeth gently, bottom teeth up and top teeth down.</p>	

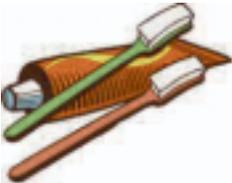
Dental Bingo Card #4

Healthy Smile Happy Child Project

B	I	N	G	O
		<p>Wipe your baby's gums daily from birth.</p>	<p>Early Childhood Tooth Decay can be prevented!</p>	
	<p>Limit juice to $\frac{1}{2}$ a cup a day. Give water for thirst.</p>			<p>Early Childhood Tooth Decay is painful!</p>
		<p>Free Space</p>		<p>Brush your child's teeth until they turn 8 years old.</p>
<p>Sweets and soothers do not mix!</p>	<p>Breast to cup is best.</p>		<p>Babies, bottles and beds do not mix.</p>	
	<p>Baby teeth are important!</p>		<p>Brush teeth gently, bottom teeth up and top teeth down.</p>	

Dental Bingo Card #5

Healthy Smile Happy Child Project

<h1>B</h1>	<h1>I</h1>	<h1>N</h1>	<h1>G</h1>	<h1>O</h1>
		<p>Wipe your baby's gums daily from birth.</p>	<p>Early Childhood Tooth Decay can be prevented!</p>	
	<p>Limit juice to $\frac{1}{2}$ a cup a day. Give water for thirst.</p>		<p>Brush your child's teeth until they turn 8 years old.</p>	<p>Early Childhood Tooth Decay is painful!</p>
		<h1>Free Space</h1>		
<p>Sweets and soothers do not mix!</p>	<p>Babies need to see the dentist by their 1st birthday.</p>		<p>Babies, bottles and beds do not mix.</p>	
	<p>Baby teeth are important!</p>		<p>Brush teeth gently, bottom teeth up and top teeth down.</p>	

Explanation:

If you start right from birth there is a better chance that your baby will let you brush his teeth. He will have gotten used to your working in his mouth.

Explanation:

Putting your baby to bed with a bottle that contains anything but water can cause Early Childhood Tooth Decay.

Explanation:

Early Childhood Tooth Decay is totally preventable. Some of the things you can do:

- * give healthy food
- * brush baby's teeth
- * check your baby's teeth often

Explanation:

Don't let your baby walk around all day with juice in her bottle. Unsweetened juice contains as much sugar as pop. Give water in between meals.

Explanation:

Children need help brushing. You can let them brush first and then you finish up. Be sure to brush the gumline gently. This is often where decay starts.

Explanation:

Never dip a soother in honey or anything else sweet. This causes Early Childhood Tooth Decay.

Explanation:

Baby teeth are very important for:

- * preventing adult teeth from coming in crooked
- * eating
- * speaking
- * looking good and self-esteem.

Explanation:

Breast fed babies can go straight to the tippy cup or regular cup depending on their age. Babies over a year should be using a regular cup.

Explanation:

Even if your child has only a few teeth the dentist will check for signs of decay. Early Childhood Tooth Decay can be stopped from getting worse if it is caught early enough.

Explanation:

Children love to copy their parents. If they see you taking care of your teeth they are more likely to take care of their own teeth.

Explanation:

Brush your baby's teeth with a soft child-size toothbrush. Brush at least once a day, before bed.

Explanation:

The pain from Early Childhood Tooth Decay affects:

- * eating
- * growth
- * sleeping
- * learning

Limit juice to 1/2
a cup a day. Give
water for thirst.

Early Childhood
Tooth Decay can be
prevented!

Babies, bottles and
bed's do not mix.

Wipe your baby's gums
daily from birth.

Breast to cup is best.

Baby teeth are
important!

Sweets and soothers
do not mix.

Brush your child's
teeth until they turn 8
years old.

Early Childhood
Tooth Decay is
painful!

Brush teeth gently,
bottom teeth up and
top teeth down.

Parents are good
examples! Take care
of your teeth!

Babies need to see
the dentist by their
1st birthday.

Explanation:

Brush your baby's teeth when they are in a good mood. Avoid brushing when they are tired or hungry. Bath time is often a good time.

Explanation:

A healthy diet is important for strong teeth, both for yourself when you are pregnant and then for your baby once she is born.

Explanation:

Give your child healthy snacks and treats. Avoid sweet treats and sticky candy. Try fruit and vegetables with dip or cheese and crackers for snacks.

Explanation:

Breastfeeding is good for baby teeth. Remove your baby from the breast before they fall asleep. Breastfed babies also need their teeth brushed.

Explanation:

Always hold your baby when feeding.

Propping can cause Early Childhood Tooth Decay and choking.

Explanation:

Use a soft child-size toothbrush. Toothpaste is not recommended until your baby turns 1 year. Simply wet the toothbrush with water.

Explanation:

Baby's first tooth usually comes in around 5-6 months.

Explanation:

You can start using a tiny amount of toothpaste (1/8 of the size of a pea) when your baby turns 1 year old. Teach your baby to spit out the toothpaste as soon as possible.

Explanation:

Baby's teeth start to develop at 5-6 weeks of pregnancy. Healthy eating for the pregnant mother is important for baby's developing teeth.

Explanation:

It is important for pregnant women to take special care of their teeth and gums. Infected gums can lead to premature delivery or a low birthweight baby.

Explanation:

Switch from the bottle to a sippy cup at about 6 months. Then at 12-14 months switch to a regular cup to prevent Early Childhood Tooth Decay.

Explanation:

Do not let your baby develop the habit of walking around with a bottle all day. Constantly exposing the teeth to any liquid other than water can cause Early Childhood Tooth Decay.

Picture of ...
Breastfeeding

Picture of ...
Tooth paste tube

Picture of ...
Baby feeding himself
with a bottle

Picture of ...
Candies

Picture of ...
Tooth

Picture of ...
Cartoon tippy cup

Picture of ...
Glass of Milk

Picture of ...
Toothbrush

Picture of ...
Pregnant woman

Picture of ...
Happy Baby

Picture of ...
Baby Bottle

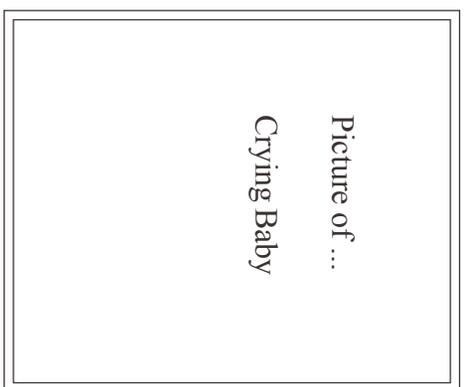
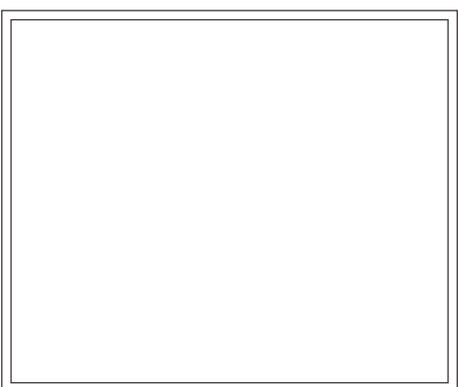
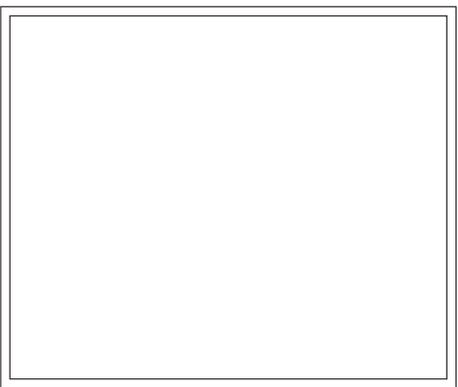
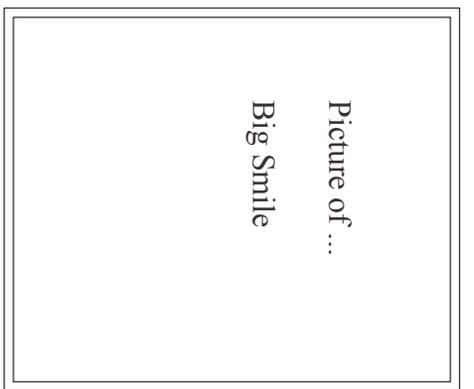
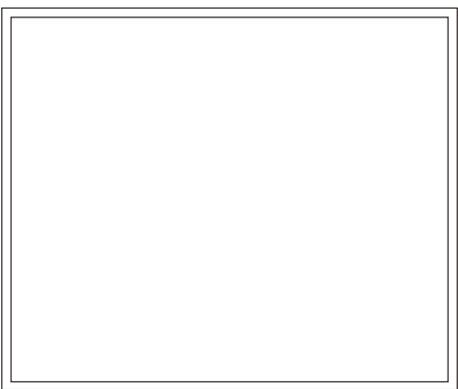
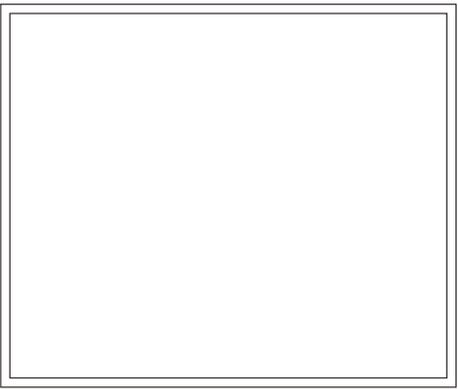
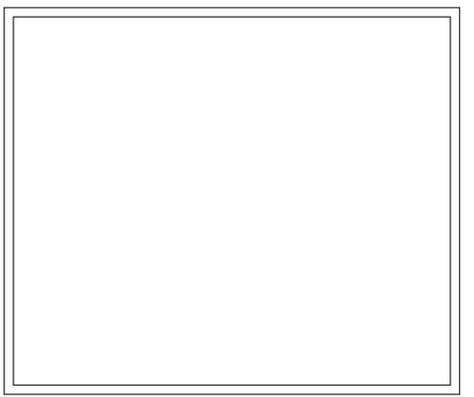
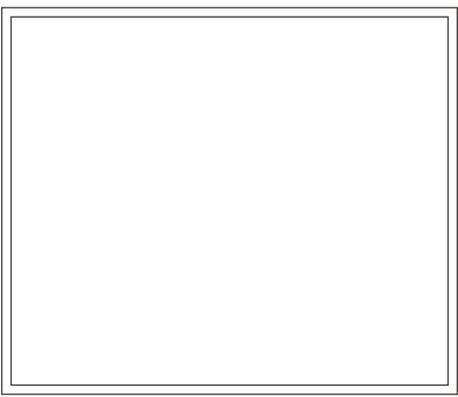
Picture of ...
Flower baby

Explanation:

Let your teething baby chew on a clean, cold washcloth or a cool teething ring. Teething biscuits are full of sugar and can cause early childhood tooth decay. Oragel and other numbing products can lead to choking.

Explanation:

Lift the Lip! Check your baby's teeth along the gumline every week for decay. It can look like a white or brown line along the gums (especially the top teeth) or spots on the teeth. See your dental professional to stop it from getting worse.



Early Childhood Tooth Decay is Painful

Pain Affects:

- Eating
- Sleeping
- Learning
- Behaviour

Pulling Baby Teeth Because of Decay Causes Problems With:

- Chewing Food
- Speech
- Crooked Adult Teeth
- General Health
- Self-Esteem



Advanced Early Childhood Tooth Decay
www.ada.org/public/topics/

Dentally Appropriate Healthy Snacks

- Cheese & crackers
- Milk
- Yogurt
- Fruit & vegetables
- Bannock/whole grain bread
- Ham, beef or chicken sandwich
- Unsweetened applesauce
- Non-sugar coated cereal
- Unsweetened rice cakes
- Hard boiled egg*

CAUTION: Some of these foods may be a choking or allergy* hazard for young children. Texture of foods may need to be changed for younger children. (ie-cook and grate or slice hard raw vegetables and fruit, cut grapes in half, grate cheese, etc) Check with a physician, nurse or nutritionist if you are unsure.

Dental Services in Your Community:

Healthy Smile Happy Child Project
Manitoba 2004

Baby Teeth Are Important!

Tooth Care (& Mouth Care) Starts at Birth



▲ Newborn to 6 Years

Prevent Early Childhood Tooth Decay

▶ **Tooth Saving Tips!**



- Breastfeed
- Give breastfed babies a Vitamin D supplement
- No bottle in bed*
- Brush baby's teeth
- Avoid letting baby walk around with a bottle or sippy cup
- Wean baby off the bottle to a sippy cup around 6-8 months
- Wean baby off the sippy cup onto a regular cup by 12-14 months
- Limit unsweetened juice to 1/2 cup a day and dilute with water
- No juice, pop or sweet drinks in bottle or sippy cup: use a regular cup
- Serve healthy food and drinks
- Avoid propping baby's bottle
- Give water in between meals
- Don't dip baby's soother in sweets
- Use teething ring instead of biscuits
- *Take your child to the dentist regularly starting by their 1st birthday.*

* **Only water is safe in a bedtime bottle.**



Mouth Care From the Start

Start cleaning baby's gums right after birth. Wipe them twice a day with a clean, and damp washcloth.

This habit makes toothbrushing easier later on because baby is used to you working in his or her mouth.

Brush Baby Teeth

Brush twice a day as soon as the first tooth comes in.

- For babies under 1 year use water instead of toothpaste
- At 1 year use a **very small amount** of toothpaste with fluoride (1/8 size of pea)
- Increase toothpaste to 1/2 size of a pea at 3-5 years and a pea-sized amount once your child is 6 years old
- Too much toothpaste can cause permanent discolored spots on adult teeth: adults should put toothpaste on toothbrush
- Children need help brushing their teeth until they are 8 years old



Lift the Lip!



Decay along the gumline
www.calgaryhealthregion.ca/hecomn/ordl/liftlip.htm

Lift the top lip at least once a month to check for decay.

Lift the top lip and check the gumline. Decay often starts there and can't be seen when your child smiles.

Decay looks like white, brown or discolored areas on the teeth, often along the gumline.

Check **behind** the top front teeth as well (you can use a dental mirror if you like-available at most drugstores).



Baby Teeth Are Important!



Healthy Smile Happy Child Project
 Manitoba 2004





Vitamin D:

The Sunshine Vitamin

Our skin uses the sun to make vitamin D.

Unfortunately the following factors limit the amount of vitamin D we make:

- Living in northern latitudes (most of Canada)
- Staying indoors most of the time
- Use of sunscreen
- Dark coloured skin

Pregnant women can make sure they get enough vitamin D (200IU daily) by getting it in their diet.

For example, you can get 200IU Vitamin D from:

- 2 cups of milk or fortified soy beverage plus 1 egg yolk or 1 teaspoon of margarine.
- Prenatal vitamin (check your brand)

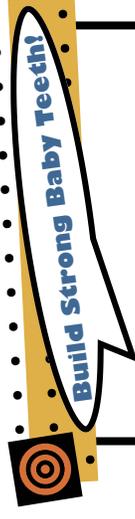
Prevent Early Childhood Tooth Decay

Early childhood tooth decay (ECTD) is a preventable and painful type of tooth decay that can affect very young children (even children under 1 year).

Prevent ECTD by:

- Brushing your baby's teeth twice a day as soon as the first tooth appears, especially before bed
- Using a tiny amount (1/8 size of a pea) of fluoride toothpaste when your baby turns 1 year old
- Avoiding putting juice or other sweet drinks in bottles or sippy cups
- Avoiding putting baby to bed with a bottle (unless it contains water)
- Avoiding passing-on of cavity-causing bacteria to baby (don't taste food, clean baby's soother in your mouth or use your own toothbrush for baby)

Dental Services in Your Community:



Healthy Baby Teeth Start Here!



▶ Prenatal Information

Pregnancy Gum Infection

Researchers have recently found that moms with gum disease were more at risk for having a **preterm, low birth weight** baby.

Pregnant women are at increased risk for gum infection because of hormones released during pregnancy.



How you care for your gums and teeth can affect your baby's health.

Symptoms of Gum Infection:

- Chronic bad breath
- Red or swollen gums
- Tender or bleeding gums
- Painful chewing
- Loose teeth
- Sensitive teeth

Prevent Gum Infection

- Brush your teeth twice a day (with a fluoride toothpaste)
- Floss every day
- Visit the dentist and dental hygienist for a check-up and cleaning
- Eat a well balanced diet
- Don't use tobacco products



See your dentist or dental therapist if you are pregnant or are thinking of becoming pregnant to have your gums and teeth checked and treated if necessary. This helps to prevent you from passing on the bacteria that causes tooth decay to your baby.

Healthy Eating

Eating enough and a variety of foods is important for you and your growing baby.

Be sure to include good sources of calcium and vitamin D in your diet every day. **These nutrients are important for healthy baby teeth.**

Calcium-Rich Foods (1 serving each)

- Milk or fortified soy beverage (1 cup)
- Cheese (1.5 ounces/50 grams)
- Yogurt (3/4 cup)
- Almonds (1/4 cup)

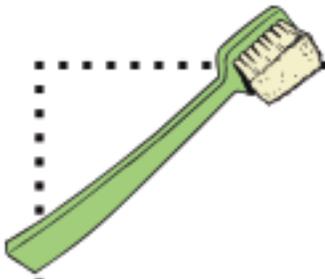
Some Sources of Vitamin D

- Salmon
- Milk or fortified soy beverage
- Egg yolks
- Margarine

4-5 servings of calcium-rich foods daily gives you all the calcium you and your baby need



If you can't get all the calcium you need from food consider taking a Calcium + Vitamin D supplement.



TOOTHBRUSHING TIPS FOR PARENTS



Positioning You and Your Baby

It's easier and more comfortable to brush when your baby is lying down ~ you will see better to do a better job!

A Few Ideas To Try:

- Hold your baby in your arms in feeding position
- Lay baby on change table (always with an adult)
- Place baby on couch or bed, with head in your lap
- Lay toddler on the floor with head on a pillow placed between your legs
- Sit in a chair facing another adult helper in the knee-to-knee position:
 - baby lies on adults' legs with head in your (brusher's) lap
 - helper gently holds baby's legs and arms



It is easier to brush with your baby's head in your lap

Brushing Your Child's Teeth

- Use a child-size toothbrush with soft bristles
- Brush using small circles; begin where teeth and gums meet
- Brush:
 - both the cheek and tongue sides of the teeth
 - the flat chewing surfaces
 - the gums and tongue too!
- Gums that bleed need more brushing to make them healthy



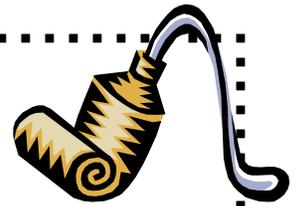
Help Your Child Develop Good Brushing Habits

Children will:

- Want to brush their teeth when they see you brushing your own teeth ~ great!
- Need you to finish brushing for them until they are about 8 years old and able to do a good job on their own
- Be motivated to brush longer with helpers such as an egg timer
- Enjoy getting a small reward once they complete their own toothbrushing chart (see other side) ~ a good way to encourage good brushing habits!

Toothpaste

- Before age 1 ~ just brush with water
- Age 1-2 ~ use a very small smear of toothpaste with fluoride
- Age 3-5 ~ use ½ of a pea-size amount of toothpaste with fluoride
- Age 6 & older ~ use a pea-sized amount of toothpaste with fluoride



Caution:

- Teach your child to always spit out toothpaste after brushing; swallowing toothpaste with fluoride can lead to permanent spots on forming teeth
- Always store toothpaste out of young children's reach so they don't eat it



Use the 2 for 2 Rule

- Brush for 2 minutes
- Brush 2 times a day, especially before bed

Toothbrushing Chart						
Place a sticker, star or checkmark on the						
☀ when you brush in the morning & on the 🌙 when you brush at night						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
☀ / 🌙	☀ / 🌙	☀ / 🌙	☀ / 🌙	☀ / 🌙	☀ / 🌙	☀ / 🌙
☀ / 🌙	☀ / 🌙	☀ / 🌙	☀ / 🌙	☀ / 🌙	☀ / 🌙	☀ / 🌙



Remember...

Lift the Lip

- Once a month to check for white or brown spots on your baby's teeth
- Look closely along the gum line of the top front teeth



ME Wener & CA Yakiwchuk
July 2004



1st Dental Visit by 1st Birthday!

Appendix D

Learning Tool

- True/False Game



True/False Game

Purpose of the Game

The purpose of this game is to use a fun, interactive and informal approach to teaching about early childhood tooth decay prevention.

The person leading the game can know very little about early childhood tooth decay as the answers are included on the back of the True/False cards.

As you learn more about ECTD add your own questions and answers.

Handouts

You can provide players with any of the following handouts once the game is over:

- Choose your own using the resource section in Appendix A.
- Dental “Goody Bag” handouts in Appendix B
- Handouts provided after the Bingo game in Appendix C

Ways to Use The True/False Game

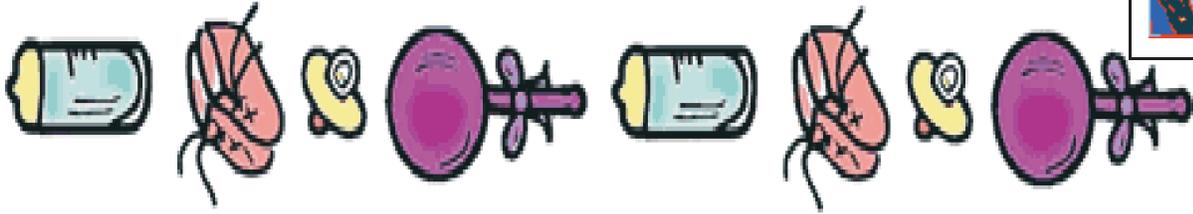
Idea #1

- Divide your group into two teams
- Give each team half the True/False cards
- Each team takes turns asking a question
- A point is given if the team gets the right answer

NOTE: If there is concern about literacy the leader can read all the questions

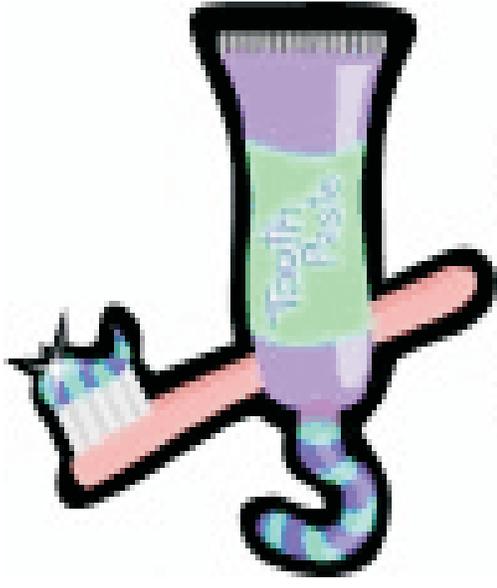
Idea #2

- The educator uses the questions as a way to guide a discussion about early childhood tooth decay prevention



True or False

If some toothpaste is good
then more is better.

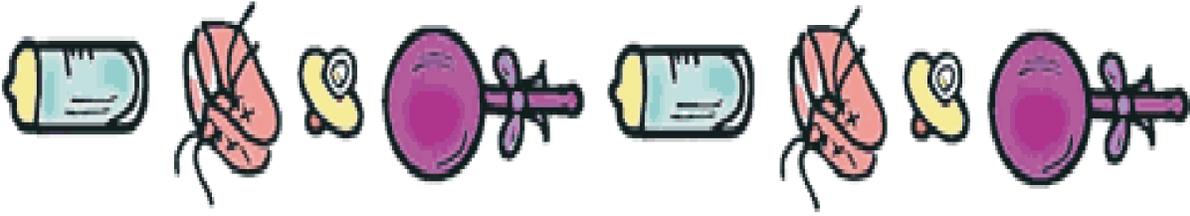


Produced by the Healthy Smile Happy Child Project
Winnipeg, Manitoba

False

Children under 4 swallow at least 40% of the toothpaste they use.

Swallowing too much toothpaste can lead to discoloured adult teeth (called fluorosis).



True or False

1-2 year old children
can use a pea-size
amount of toothpaste.

False

A very slight smear on the toothbrush is all they should be using.

They shouldn't use a pea-size amount of toothpaste until they turn 6 years old.



True or False

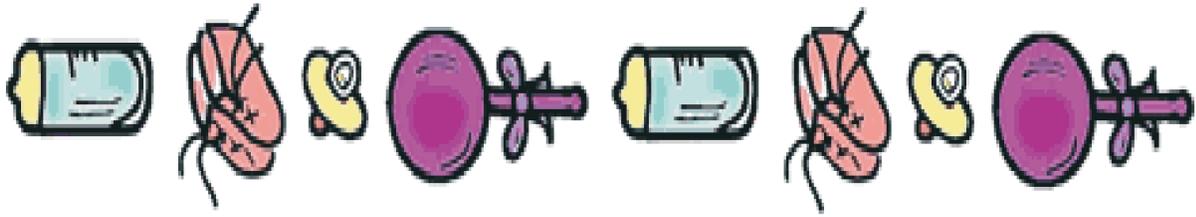


Children 3-5 years old
can use a pea-size
amount of toothpaste.

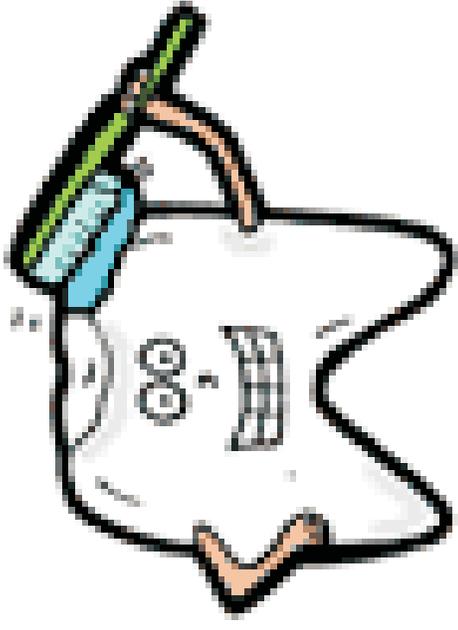
False

At this age they should only be using an amount **half** the size of a pea.

Always supervise the amount of toothpaste used. Teach your child to spit out the toothpaste after brushing.



True or False



Children can
start brushing
on their own when they
turn 8 years old.

True

It is important for children to learn to brush their teeth but an adult should finish up by brushing the hard-to-reach places until they turn 8 years old.

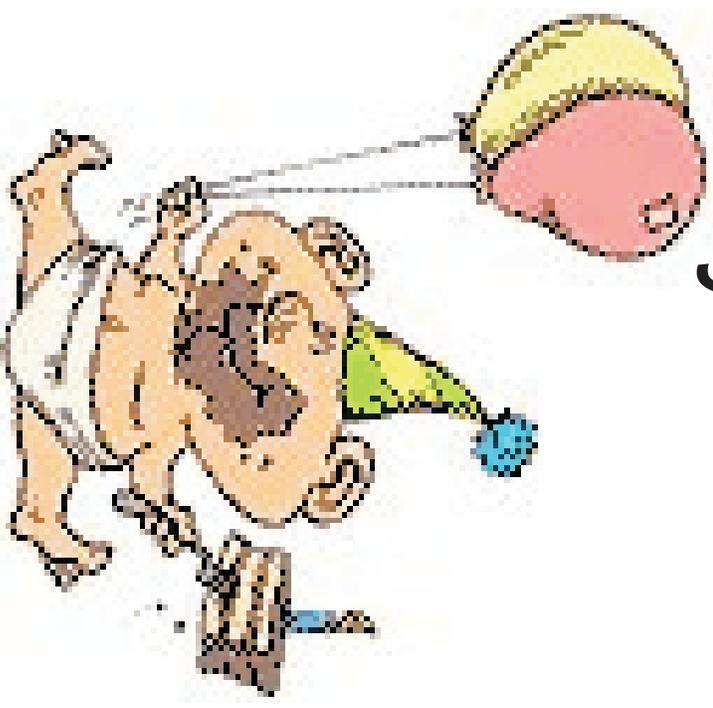


True or False

A child should see a dentist by the time he or she turns 3 years old.

False

They should see a dentist by the time they turn one year old.





True or False

Water, formula or breastmilk are the only liquids that should be put in a bedtime bottle.



False

Only water is recommended for bedtime bottles.

Other beverages including breastmilk and formula can cause baby tooth decay because they have sugar in them.



True or False

Parents can check their child's teeth for signs of childhood dental decay.

True

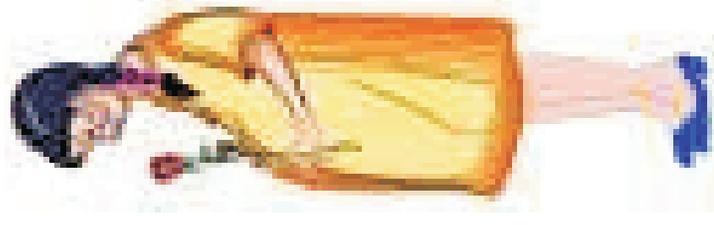
As soon as your baby gets his or her first tooth it's a good idea to check at least once a month for tooth decay.

Look for white lines along the gums of the front teeth and brown or decayed spots on teeth.



True or False

Pregnancy gum
infection can be a
serious problem
for both mom and
her baby.



True

Pregnant mothers are more at risk for gum infection because of pregnancy hormones.

Pregnant mothers with untreated gum infection may be 7 times more likely to have an underweight, premature baby.

Without good daily brushing, the mother is also at risk for losing teeth.



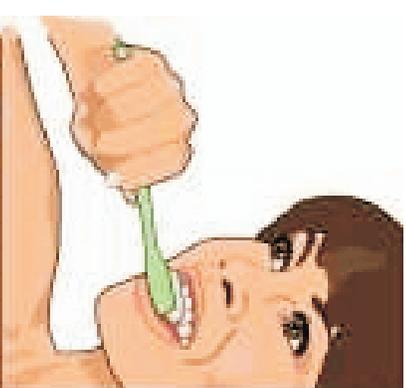
True or False

The symptoms of pregnancy
gum infection are:

- red puffy gums
- gums that bleed easily

True

Serious gum infection will not go away without treatment. It is important to see a dentist.



Brush and floss everyday to prevent pregnancy gum disease.

Gum infection, caused by plaque on the teeth is often painless. Left untreated, teeth can become loose and fall out.



True or False

Pregnant women
should wait until they
have the baby to see
the dentist.



False

Pregnant woman should visit the dentist as early in her pregnancy as possible and should not wait until she is in pain.

The best time for treatment is generally in the second trimester (4-6 months).



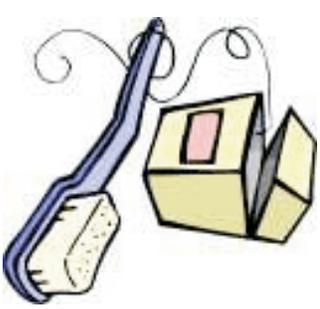
True or False

Pregnancy gum
disease can't be
prevented.

False

There are many things a pregnant woman can do to help prevent gum disease and tooth decay:

- brush twice a day for a least 2 minutes
- floss every day
- eat healthy foods to build strong teeth and gums
- avoid sugary snacks, eat them with a meal instead
- chew sugar-free gum after a meal

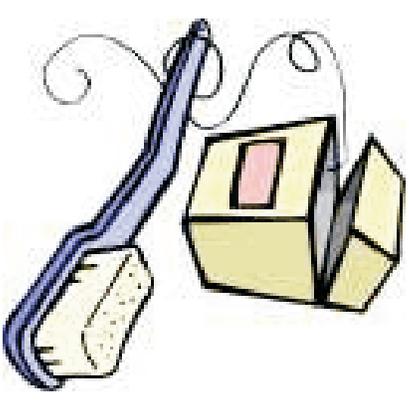




True or False

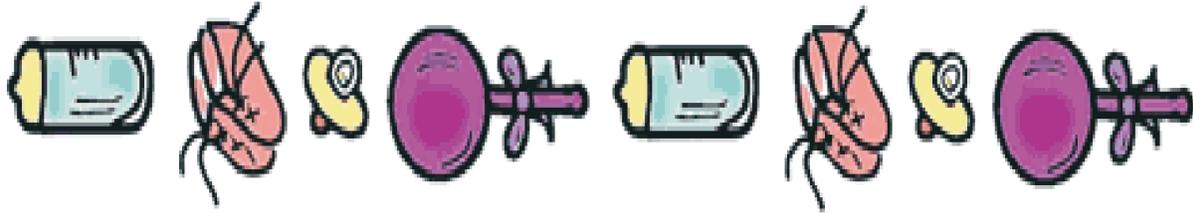
It's recommended that you start brushing your baby's teeth when they turn 2 years old.

False



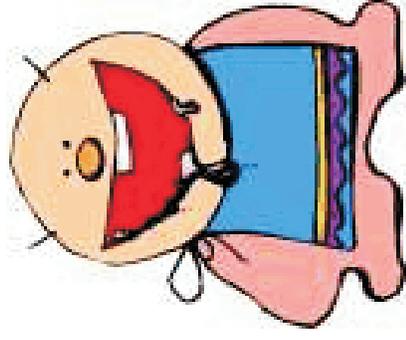
Tooth care and gum care should start soon after your baby is born.

Use a clean wet face cloth to wipe gums after feeding and before bed. Once teeth appear use a baby-sized toothbrush.



True or False

Baby teeth are not very important.



False

Baby's teeth are very important for...

- eating
- normal jaw development
- saving space for adult teeth (helps prevent crooked adult teeth)
- speaking clearly
- looking good (self-esteem)



True or **False**

Baby Tooth Decay* is a normal thing that just happens to some babies.

*Baby tooth decay used to be called nursing caries (cavities) but the name was changed because it gave the impression that breastfeeding causes tooth decay. Baby bottle tooth decay and early childhood caries are other names for baby tooth decay.

False

Baby Tooth Decay is totally preventable. There are many things you can do to prevent this very painful disease...

- eat a healthy prenatal diet so baby can develop health teeth
- clean baby's mouth every day with a gum massager or a clean wash cloth (this will get him/her used to you working in his/her mouth)
- start brushing when the first tooth starts to come in
- put only water in bedtime bottles
- don't prop your baby's bottle
- switch from bottle to sippy cup around 6 months then to a regular cup around 12-14 months
- limit juice to ½ cup a day
- feed your baby healthy foods
- take your baby to a dentist by 1 year for a check up



True or False

Baby Tooth Decay can affect more than baby's teeth.

True

Baby tooth decay can affect...

- **growth** (toothaches can make eating painful so the child does not eat enough)
- **self-esteem**
- **speaking**
- **health** (infections and fever)
- **adult teeth**



True or False

Propping a baby's
bottle can lead to baby
tooth decay.

True

Propping the bottle leads to liquid pooling in the baby's mouth. This bathes the teeth in sweet liquid which can lead to baby tooth decay.

Propping can cause choking.



True or False

It's much better for my
baby's teeth to use a
sippy cup.

Trick Question

It is better in general to use a sippy cup but if the sippy cup usually contains sweet beverages like juice or pop your baby could develop tooth decay.



True or False

Baby should be weaned off the bottle or sippy cup at 12 months.



True

Once a baby turns a year old it is important for their teeth that they are weaned off the bottle or sippy cup onto a regular cup.



True or False

Juice is much better
than pop for a baby's
teeth.



False

Juice is a more nutritious selection but it is no better than pop for a baby's teeth.

Juice contains just about as much sugar as pop.



Learning Tool

- “So Sweet” Bottles



“So Sweet” Bottles

Purpose of the “So Sweet” Bottles

“So Sweet” Bottles demonstrate:

- Why it is important to brush baby’s teeth (amount of sugar in beverages)
- How much sugar is in juice (even unsweetened)
- That it is important to brush baby’s teeth after breastfeeding or formula feeding (*Please include a statement in your discussion that indicates that breastfeeding is strongly recommended as the best choice for baby. There are many reasons that breastmilk is a superior choice.*)
- How much sugar is in pop and other sweet drinks

What “So Sweet” Bottles Look Like



What You Will Need

- 9 (8 ounce) clear baby bottles (or sippy cups or test tubes if you prefer)
- sugar cubes
- labels
- legal-size plastic envelope with a string closure

Instructions for “So Sweet” Bottles Assembly

STEP 1: Labels

- a) Print one label (below) for each of the bottles you decide to demonstrate. The labels state the number of sugar cubes found in 8 ounces of the beverage and important infant feeding messages.
- b) Place each label on a bottle.

Labels:

Breastmilk: 8 Sugar Cubes

Breastfeeding is the best choice for your baby. Breastmilk is the best food for your baby even though it contains natural sugar. Brush your baby's teeth. Do not put baby to bed with a bottle.

Formula: 8 Sugar Cubes

Breastfeeding is the best choice for your baby. If you have chosen not to breastfeed for a special reason, formula is an acceptable choice for your baby until 9-12 months. Brush your baby's teeth. Do not put baby to bed with a bottle.

Cow's Milk: 5 Sugar Cubes

Cow's milk is not a substitute for breastmilk or formula before baby is at least 9 months old. Brush your child's teeth. Do not put your child to bed with a bottle.

Chocolate Milk: 12 Sugar Cubes

Remember to brush your child's teeth. Do not put your child to bed with a bottle.

Unsweetened Apple Juice: 13 Sugar Cubes

Remember to brush your child's teeth. Do not put your child to bed with a bottle.

Unsweetened Orange Juice: 11 Sugar Cubes

Remember to brush your child's teeth. Do not put your child to bed with a bottle.

Pop: 12 Sugar Cubes

Remember to brush your child's teeth. Do not put your child to bed with a bottle. Pop is not a healthy choice for your baby.

Kool-Aid®: 14 Sugar Cubes

Remember to brush your child's teeth. Do not put your child to bed with a bottle. Kool-Aid and other sweet drink mixes are not a healthy choice for your baby.

Water: 0 Sugar Cubes:

If your child has teeth and must be put to bed with a bottle, plain water is the only safe drink. Note: Infants and young children should not be receiving water, they get all the water they need from breastmilk and formula.

STEP 2: Sugar Cubes

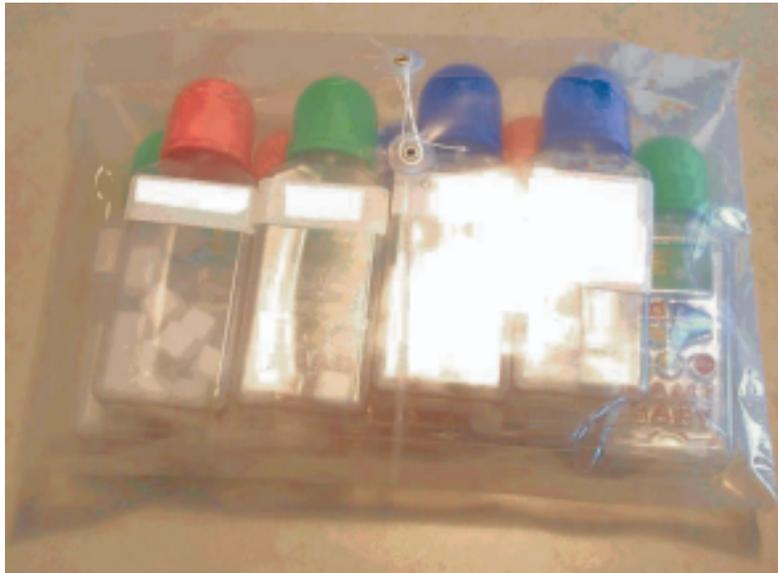
- a) Add appropriate number of sugar cubes to each bottle.

STEP 3: Key Messages Sheet

- a) Add the “**So Sweet**” **Key Messages** sheet for educators to the kit (next page). Educators can review this sheet before doing the activity.

STEP 4: Storage

- a) Place the nine bottles in a legal-size plastic envelope with a string closure.



Add the next 3 pages
to your
"So Sweet" Kit

"So Sweet" Bottles Key Messages

Prevent Early Childhood Tooth Decay (ECTD)

Alternate Resource:

If you prefer you can use sippy cups or test tubes to show how much sugar is in 8 ounces of each beverage. Use the information below to create your resource. Create labels with the following information for the bottles. The key messages are very important to include.

Beverage (8 ounces) Key Messages	# sugar cubes	# teaspoons sugar
Pop Remember to brush your child's teeth. Do not put your child to bed with a bottle. Pop is not a healthy choice for your baby.	12	6.5
Kool-Aid® Remember to brush your child's teeth. Do not put your child to bed with a bottle. Kool-Aid and other sweet drink mixes are not a healthy choice for your baby.	14	7.5
Apple Juice (unsweetened) Remember to brush your child's teeth. Do not put your child to bed with a bottle.	13	7
Orange Juice (unsweetened) Remember to brush your child's teeth. Do not put your child to bed with a bottle.	11	6
Breastmilk *see note in box on reverse side <i>Breastfeeding is the best choice for your baby. Breastmilk is the best food for your baby even though it contains natural sugar.</i> Brush your baby's teeth. Do not put baby to bed with a bottle.	8	4
Formula *see note in box on reverse side <i>Breastfeeding is the best choice for your baby.</i> If you have chosen not to breastfeed for a special reason, formula is an acceptable choice for your baby until 9-12 months. Brush your baby's teeth. Do not put baby to bed with a bottle.	8	4
Cow's Milk Cow's milk is not a substitute for breastmilk or formula before baby is at least 9 months old. Brush your child's teeth. Do not put your child to bed with a bottle.	5	2
Chocolate Milk Remember to brush your child's teeth. Do not put your child to bed with a bottle.	12	6.5
Water If your child has teeth and must be put to bed with a bottle <u>plain water</u> is the only safe drink. Note: Infants and young children should not be receiving water, they get all the water they need from breastmilk and formula.	0	0

Goals:

1. To encourage parents to brush baby teeth at least twice a day whether breastfeeding or formula-feeding beginning with the growth of the first tooth.
2. To inform parents of the sugar content of various beverages commonly seen in baby bottles and sippy cups.
3. Provide parents with key messages for preventing ECTD.



http://www.health.gov.sk.ca/rr_early_childhood_caries.html

Background:

ECTD affects many children between 6 months and 6 years of age in Manitoba. Every year approximately 2000 children undergo dental surgery in the hospital under general anesthetic because of ECTD. Hundreds more are placed on a waiting list. Chronic pain from ECTD affects eating (resulting in failure to thrive for some children), sleeping, learning and behavior. Self-esteem can also be impacted.



http://www.ada.org/public/topics/decay_childhood.asp

ECTD is preventable.

Key Messages For ECTD Prevention:

- Breastmilk is best for your baby. Breastmilk and formula both contain sugar. Remember to brush baby's teeth at least twice a day whether breastfeeding or formula-feeding.
- Never put a baby to bed with a bottle containing anything other than plain water. Baby may not swallow his or her last mouthful of liquid. This liquid bathes the teeth while they sleep and can lead to ECTD.
- Don't put sweet drinks like juice (even unsweetened), pop or chocolate milk in baby's bottle or sippy cup. Use a regular cup and avoid giving sweet drinks like pop or crystal drinks that have no nutritional value. Pop and crystal drinks are also high in acids that can decay the teeth.
- Unsweetened juice contains lots of "natural" sugar that can decay the teeth if sipped on all day long. Limit juice to $\frac{1}{2}$ cup a day and dilute with water.
- Teeth are attacked for 20 minutes each time baby takes a sip of a sweet drink. Don't let your baby walk around with a bottle or sippy cup all day. Encourage him to finish his drink at the table.
- Chocolate milk (for older children) has more sugar, remember to brush your child's teeth after serving it. White milk (for children over 1 year and not being breastfed) also contains sugar-remember to brush the teeth.
- Wean your baby from a sippy cup or bottle by 14 months (onto a regular cup). Breast to a regular cup is best.
- Children need help brushing their teeth until they turn 8 years old.
- Brush baby teeth at least twice a day with a soft child-size toothbrush. Before she has teeth, wipe her gums with a clean, soft washcloth twice a day whether breastfeeding or formula-feeding. Getting her used to you working in her mouth from birth will make toothbrushing easier once teeth appear. Wiping the gums also helps to reduce the amount of cavity-causing bacteria in her mouth.
- Use a tiny amount of toothpaste starting at 1 year of age (1/8 size of a pea). Caution: Swallowing too much toothpaste can cause permanent brown or white spots on adult teeth.

NOTE:

- **Do not say that breastmilk is equal in quality to formula just because they contain the same amount of sugar.** Provide positive breastfeeding messages. If there is concern that the breastmilk and/or formula bottles send a negative message about breastfeeding, remove them from your kit. The intent is not to discourage breastfeeding or giving formula in a bottle.
- Bottles are most effective if an educator is present to share key messages. **If the bottles are being displayed on their own without an educator present remove breastmilk and formula bottles.** This avoids people taking away incorrect messages.



Learning Tool

- Smile Fair



Smile Fair



A Smile Fair is a fun way for the community to learn about ECTD prevention. A Smile Fair consists of several small learning stations.

Possible Learning Stations

* ordering information is in Appendix A

- 1. So Sweet Sugar Bottles**
 - See Appendix E
- 2. True/False Game**
 - Have people answer one or two questions
 - See Appendix D
- 3. Detecting Baby Tooth Decay**
 - **Lift the Lip** Cards*
 - **Lift the Lip** Video*
- 4. Brushing Baby's Teeth**
 - Brushing Baby Teeth VIDEO*
- 5. Kids Corner**
 - Smart Snacks Game (see below)
 - Dental story (some titles listed in this appendix)
- 6. Resource Table**
 - Where to go for dental care in the community (sample in this appendix)
 - Colouring sheet for kids (this appendix)
 - Handouts (see Appendix A and C)



Balloons and a healthy snack make the Smile Fair more festive.

Smart Snacks Game for Kids

This game helps kids identify healthy and tooth-friendly snacks.

One child wears a green apron (always snacks) and another wears a red apron (sometimes snacks). Pictures of different snack foods are attached to the appropriate apron using Velcro tabs.

Always Snacks: water, plain milk, yogurt, fruit, vegetables, cheese, whole-wheat crackers, etc

Sometimes Snacks: chocolate milk, juice, candy, fruit leather, raisins, chips, chocolate, cookies, etc



Dental Stories and Activities for Children

Clifford's Loose Tooth

- ISBN 0-439-33245-1

Just a Secret

- ISBN 0-307-13287-0

Twinkle The Tooth Fairy

- ISBN: 0-75257-628-3

Fun-N-Games

- <http://www.cunningdental.com/fun-n-games.html>
- Games and stories for kids

Visit the Dentist With Marty

- <http://www.ada.org/public/games/story.asp>
- Interactive story
- Computer required

A Visit to the Dentist

- <http://www.cunningdental.com/ActivitiesBook.html>
- Contains colouring pages, activities
- Contains brushing chart

How Many Teeth?

- by Paul Showers

The Berenstain Bears Visit the Dentist

- by Stan Berenstain

Freddie Visits the Dentist

- by Nicola Smee

Just Going to the Dentist

- by Mercer Mayer

Barney Goes to the Dentist

- by Linda Cress Dowdy

What to Expect When You Go to the Dentist

- by Heidi Murkoff



Brush Them Bright

- by Patricia Quinlan
- Somerville House Publishing – Toronto
- ISBN 0-921051-65-4

Happy Snappy Crocodile Takes Care of His Teeth

- by Nicola Baxter
- Armadillo Books
- ISBN 1-90046-548-5

Doctor DeSoto

- by William Steig
- Farrar, Straus and Giroux
- ISBN 0-374-41810-1

Arthur’s Tooth

- by Marc Brown
- Little, Brown and Company
- ISBN 0-316-11246-1

Chippy Goes to the Dentist

- by Modern Publishing
- ISBN 0-7666-0155-2

The Tooth Book

- by Theo LeSieg
- ISBN 0-394-84825-X

Just Going to the Dentist

- by Mercer Mayer
- Golden Books
- ISBN 0-307-12583-1

I’m Going to the Dentist

- ISBN 0-7214-5714-2

Going to the Dentist

- by Anne Civardi & Stephen Cartwright
- ISBN 0-7460-1515-1

Meet Michael’s Dentist

- by Lori Froeb
- Fisher Price
- 1-800-626-6223
- radiustoothbrush.com

Other books you have found:

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Learning Tools

- Teaching Outlines
 - Early Childhood Tooth Decay Presentation
 - Peer Educator Training



Teaching Outlines

These outlines can be used to teach both health professionals and other community members about ECTD prevention.

All resources for the presentation are either found in this manual or can be ordered (See Appendix A for ordering information).

It may be useful to put this whole appendix in a binder labelled “Early Childhood Tooth Decay Presentations” if presentations are to be done on a regular basis.



OUTLINE 1: General ECTD PRESENTATION (65 MIN)

1. What Is ECTD?

- Show Circle of Smiles VIDEO (20 min)

2. How Can ECTD Be Prevented?

- Play True/False Game (20 min) or Dental Bingo Game (20 min)
- Show “So Sweet” Sugar Bottles (5min)
- Brushing Baby Teeth Daily VIDEO (5 min.)

3. How Can ECTD Be Detected Early?

- Show **Lift the Lip** VIDEO (5 min)

4. Community Resources and Discussion

- Where to find low-cost or free dental care (5 min)
- Who to call with dental questions (5 min)
- Give handouts (see Appendix A and C)

Peer Educator Training (Train the Trainer)

Use the next outline to teach people about ECTD prevention so they can go out into the community as peer educators and teach others.

OUTLINE 2: HOUR PEER EDUCATOR TRAINING (95 MIN)

1. What Is ECTD?

- Show Circle of Smiles Video (20 min)

2. How Can ECTD Be Prevented?

- Play True/False Game (15 min)
- Show "So Sweet" Sugar Bottles (5min)

- Break (10 min) -

- Play Dental Bingo Game (15 min)
- Brushing Baby Teeth Daily VIDEO (5 min.)

3. How To Catch ECTD Early

- Show *Lift the Lip* Video (5 min)



4. Community Resources

- Where to find low-cost or free dental care (5 min)
- Who to call with dental questions or for other support (5 min)

5. Additional Resources

- Review other resources they can use such as the Circle of Smiles Kit, handouts or *Lift the Lip* cards (5 min) (See Appendix A to order)
- Provide peer educators with additional information such as handouts (see Appendix A-C) so they can learn as much as possible about ECTD

6. Preparing for a Peer Educator Presentation

- Review presentation request form (5 min)

After completing *1.5 Hour Peer Educator Training* peer educators will be ready to do the *1 Hour ECTD Presentation (Outline 1)* for other community members.

Request Form

Filling in this form will help you prepare for the presentation. A sample has been filled out below.

The next page is a form that can be photocopied.

SAMPLE REQUEST FORM

- Preventing Early Childhood Tooth Decay Presentation (60 min)
- Peer Educator Training Presentation (90 min)

Request taken by: Kevin A.
Presenter: Cathy O.

Date: August 15
Telephone: 333-4444

Presentation Date:	September 6
Presentation Time:	10:00-11:00
Address:	220 Main Street
Contact Person:	Lydia V.
Contact Number:	222-2222
Type of Group:	Parenting
Number of People:	12
Can They Photocopy Handouts:	Yes
Bingo or True/False Game:	Bingo
Can They Provide Prizes For Game:	Yes-bananas
TV/VCR Available:	Yes

Keeping the completed request forms in a binder will help you keep track of all of the presentations you have done for your community.

Request Form

- Preventing Early Childhood Tooth Decay Presentation (60 min)
- Peer Educator Training Presentation (90 min)

Request taken by: _____ Date: _____
Presenter: _____ Telephone: _____

Presentation Date:

Presentation Time:

Address:

Contact Person:

Contact Number:

Type of Group:

Number of People:

Can They Copy Handouts:

Bingo or True/False Game:

*Can They Provide Prizes For Game:

TV/VCR Available:

* Examples of a small prize: toothbrush, toothpaste, dental floss, gum with Xylitol (Trident®), cheese, milk, fruit, vegetable



Manual Produced in 2004 by the Healthy Smile Happy Child Project

The Healthy Smile Happy Child Project is managed by The Manitoba Collaborative Partnership for the Prevention of Early Childhood Tooth Decay:

- Burntwood Regional Health Authority
- Health Canada, First Nations and Inuit Health Branch
- Manitoba Dental Association
- Manitoba Health
- University of Manitoba, Centre for Community Oral Health
- Winnipeg Regional Health Authority

Contributions by the following organizations have made the project possible:

- Burntwood Regional Health Authority
- Children's Hospital Foundation of Manitoba Inc.
- Foundation of the Pierre Fauchard Academy
- Health Canada, First Nations and Inuit Health Branch
- Healthy Child Manitoba
- The Winnipeg Foundation
- The University of Manitoba
- Your Manitoba Dentist

Photo Source: *Health Canada website and Media Photo Gallery*, Health Canada, <http://www.hc-sc.gc.ca>
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