

**Title:** Baby Teeth

**Target Audience:** Caregivers of young infants (to 6 months)

**Objectives:**

1. Learn the importance of beginning oral care during infancy.
2. Identify strategies of good oral care for young infants.
3. Choose a tip to practice good oral care for baby.

**Teaching Materials Needed, Including Handouts:**

1. Components of interactive display.
2. Handout materials: Healthy Teeth for Healthy Smiles
3. Evaluation tool.

**Advance Preparation Needed:**

1. Set up the interactive display.
2. Copy handout(s) and evaluation tool.

**Class Outline and Methods:**

1. Set up the interactive display Baby Teeth.
2. A knowledgeable staff member will be available for client questions regarding the interactive display. Background information is provided under Concepts.
3. Provide the evaluation tool and guide clients to the display. Inform clients that staff will have questions for them once they return with the completed evaluation tool
4. The delegated staff will ask clients if they have any questions. If yes, clients will be referred to staff members able to answer the questions.
5. The delegated staff will ask clients "What is one thing you will try to do based on the information you learned today?"
6. WIC staff will document completion of the lesson in the client record. If the LA chooses, information will be included related to the client's statement of behavior change.

**Concepts:**

1. The development of healthy baby teeth is very important.
2. Even though they will be lost, baby teeth are needed for chewing and speech development.
3. Healthy baby teeth are needed for the development of healthy permanent teeth.
4. Improper use of baby bottles and poor oral care can lead to decay of baby teeth, and possible painful infections.
5. Tips to maintain good oral care of young infants include:
  - use a clean, cool, wet washcloth to wipe gums after each feeding;
  - hold baby while feeding --avoid propping baby bottles;

- breastmilk or formula are the only beverages healthy young babies need – avoid giving baby sweet drinks in bottles;
- use a blanket or favorite toy to help babies sleep --avoid putting babies to bed with a bottle;
- if using pacifiers, they should not be dipped in anything sweet;
- offer only breastmilk, water, or formula in the bottle.

**Interactive Component:**

1. At the display, “tips” for protecting baby’s teeth may be hidden or visible. Clients will “open” the hidden tips to see all the ways to protect baby’s teeth.
2. WIC staff will ask the following questions:
  - What new information did you learn? or Tell me about the information you saw in the display.
  - What is one thing you will try to do based on this information you learned today?

**Behavior Change Goal:**

The designated staff person will assist the client/caregiver to set a goal based upon the interactive display as outlined in the methods section above.

**Procedure for Clients to Ask Questions of Trained WIC Staff:**

The designated WIC staff person will either answer the questions or guide the client to the staff person qualified to answer a question posed by the client/caregiver.

**Evaluation:**

The evaluation will consist of completing the survey attached and interacting with WIC staff as outlined in the Class Outline and Methods section above.

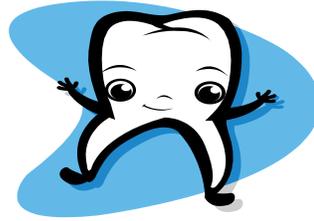
**Comments/Other:**

**Lesson Plan Written By:** Sherie Moody, RD/LD. Revised 11/26/12.

**Lesson Plan Revised By:** Pat Dunavan, MS, RD, LD, January 2013, June 2014

**Lesson Plan Approved By:**

**Date:**



## BABY TEETH

The development of healthy baby teeth is very important. While looking at the display, draw a line from the "TIP" on the left to the appropriate number on the right as seen in the display. You will need to lift the arrows to see the hidden tips. You may use some "TIP" numbers more than once.

Use a clean, cool, wet  
washcloth to wipe my gums  
after each feeding.

TIP # 1

Do not prop my bottle.

TIP # 2

Do not give me sweetened  
drinks from a bottle.

TIP # 3

Give me a blanket or favorite  
toy to help me sleep.

TIP # 4

Do not give me a pacifier  
dipped in anything sweet.

TIP # 5

Please hold me to feed me.

Give me only breast milk,  
water, or formula in the bottle.

What tips will you use to protect your baby's teeth? \_\_\_\_\_

\_\_\_\_\_

