

Title: Fact or Fiction—What’s The Truth About Dental Health

Target Audience: Pregnant, Breastfeeding and Postpartum women, infants >6 months, Children 1-5 years.

Objectives: The client will:

1. Identify at least two true statements about taking care of their children’s teeth as well as their own.

Teaching Materials Needed, Including Handouts:

1. Two small baskets or containers, one marked “Fact” and one marked “Fiction”
2. Set of statements about dental health (see attached)
3. Answer key for each of the statements
4. Nutrition education materials on dental health and baby bottle tooth decay
5. Interactive display components –see attached sample template
6. Client feedback form

Advance Preparation Needed:

1. Set up interactive display board and baskets
2. Print copies of the dental health statements on separate sheets of paper
3. Make a copy of the answer key for use with the display
4. Make sufficient copies of all handouts for those attending the session
5. Make copies of the client feedback forms
6. Prepare any additional materials for the interactive component chosen from the list below

Class Outline and Methods:

1. The interactive display and handouts will be available during clinic hours.
2. A knowledgeable staff member should be available for client questions regarding the interactive display. See background information on this topic below, under Concepts.
3. Offer the client handouts to reinforce the concepts on the display.
4. Once the client reads through the materials and completes the feedback form, the client should show the completed form to the delegated WIC staff person (e.g. clerk).
5. The delegated WIC staff person should ask the client if they have any questions. If yes, refer them to the staff person that can answer their questions.
6. The delegated WIC staff person should ask the client, “What is one thing you will try to do, based upon what you learned today?” For example, “How can you help your children avoid tooth decay?”
7. Upon completion of the lesson, a designated WIC staff person should record completion in the client’s KWIC record. If the LA chooses, the client’s goal can also be entered into KWIC.

Concepts and Key Points:

1. Taking care of teeth to prevent tooth decay is important for everyone.
2. Baby teeth can decay if bottles are used inappropriately or sugar-containing foods are given to infants.
3. Brushing teeth can help remove food and plaque which can cause tooth decay.

4. Fluoride strengthens teeth and helps prevent tooth decay. Children can receive fluoride from drops, fluoride varnish applied to the teeth or from water with fluoride.
5. Avoid too much fluoride by waiting to use toothpaste until your child can spit out the toothpaste, not swallow it. Use no more than a pea-sized portion of toothpaste for children using toothpaste.
6. Sticky foods can damage teeth even more than liquids because they are not removed from the teeth as quickly.
7. Babies should have their gums and teeth cleaned after every feeding.
8. Children should visit the dentist, ideally by age two.
9. Snacking between meals without brushing the teeth can increase the chance of tooth decay.
10. Sugar sweetened drinks can cause tooth decay.

Interactive Component: Choose one or more of the following to incorporate with the display:

1. Ask client to look at the various statement cards and decide whether they think the statements are fact or fiction. Have them place the cards in the baskets based upon their choices. After they have sorted the cards, they can check the answer key to see if they were correct.
2. Use props, such as teeth model with large toothbrush, to demonstrate how to properly brush children's teeth or clean the gums on infants.
3. Have recipes available which are "tooth-friendly" for parents to take home. You may wish to consider using recipes from "Tasty Treats for Teeth" found at:
<http://www.oralhealthkansas.org/pdf/TASTY%20TREATS%20FOR%20TEETH%20COOKBOOK.pdf>
4. Set up a display of beverages, each contain some sugar. Have clients try to decide how much sugar is in each drink using sugar cubes to represent the teaspoons of sugar in each serving. Emphasize that not only do these beverages add unnecessary calories to their diets, but they can also lead to tooth decay.
5. Have a list of local resources for dental care, fluoride varnishes and other dental services available for clients to take home.

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 feedback attached and interacting with WIC staff as outlined in the Class Outline and Methods section above.

Comments/Other:

Lesson Plan Written By: Pat Dunavan, MS, RD, LD, 1997

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

Lesson Plan Approved By:



Sample Display Template

Use Your Own Graphics for Display

Fact or Fiction

What's the Truth about Dental Health?

Is my baby at risk for tooth decay if she takes a bottle to bed?

Does drinking Kool-Aid or pop hurt my child's teeth?

Should my child visit the dentist before he goes to Kindergarten?

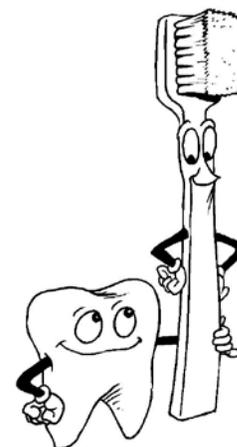
Does milk help keep my teeth from decaying?

Will I lose a tooth every time I am pregnant?

Should I visit a dentist when I am pregnant?

Is fluoride really important for strong teeth?

Are there some foods that are more "tooth-friendly" than others?



What do you think?

Dental Health Statements

Print each on a separate card with the statement on one side and the words Fact or Fiction on the other side.

It is more harmful to teeth to eat 4 cookies one hour apart than to eat 4 cookies all at the same time.

Tooth decay does not happen to children under age two.

Fluoride comes from minerals that are found naturally in the ground.

Most people who have "bad teeth" inherit them.

Caramels or sticky foods are more damaging to teeth than soda pop with sugar.

If your gums bleed when you brush your teeth, it may be a sign of gum disease.

Losing "a tooth for every child" is common in women during pregnancy.

Babies should have their gums and teeth cleaned after every feeding.

Children should visit a dentist before age two.

Drinking lots of milk will prevent tooth decay.

It is OK to share a spoon with your baby while feeding him at a meal.

Baby bottle tooth decay does not matter because kids lose their "baby teeth" anyway.

Sugar sweetened beverages can wear away the enamel on my child's teeth.

Use just water and a soft cloth to clean a very young child's gums and teeth

I should teach my child to spit out, not swallow toothpaste.

Answer Key for Dental Statements

It is more harmful to teeth to eat 4 cookies one hour apart than to eat 4 cookies all at the same time.

Fact—Acid produced by bacteria combine with sugar. An acid attack lasts about 30 minutes after eating. If you spread out your snack, you are exposing your teeth to 4 acid attacks, not just one.

Tooth decay does not happen to children under age two.

Fiction—Tooth decay can happen anytime after teeth appear. It is important always to clean a baby's gums after each feeding.

Fluoride comes from minerals that are found naturally in the ground.

Fact—Almost all water has some fluoride, but some have more than others. Ask your doctor about using fluoride drops with your infant or young children.

Most people who have "bad teeth" inherit them.

Fiction—Although it may seem that "bad teeth" run in families, it is more likely that diet, eating habits and tooth brushing habits are the cause. Families that follow good dental health practices can change this trend.

Caramels or sticky foods are more damaging to teeth than soda pop with sugar.

Fact—Some forms of sugar are sticky while others are free flowing. Sticky foods such as honey or caramel stay on the teeth longer. The acid in the mouth lasts as long as the sugar is in the mouth.

If your gums bleed when you brush your teeth, it may be a sign of gum disease.

Fact—Normal healthy gums do not bleed when brushed. Use a soft bristled brush and firm but gentle touch when brushing. Floss carefully. If gums continue to bleed, see your dentist.

Losing "a tooth for every child" is common in women during pregnancy.

Fiction—There is no reason why a pregnant woman should lose any teeth because of her pregnancy. It is important that you see a dentist if you are pregnant because tooth and gum infection can put you at risk of premature birth.

Babies should have their gums and teeth cleaned after every feeding.

Fact—Baby teeth can decay as soon as they appear. Gums and teeth should be wiped clean with a small clean cloth or piece of gauze after each feeding.

Children should visit a dentist before age two.

Fact—Ideally, every child would see the dentist just after their first birthday when a few of their teeth have appeared. However, every child should see the dentist by two years to make sure that their teeth are coming in properly and there are no signs of decay.

Drinking lots of milk will prevent tooth decay.

Fiction—Milk is a good source of calcium which helps build strong bones and teeth. But just drinking milk alone will not prevent tooth decay. Good brushing and flossing are also needed to take care of your teeth.

It is OK to share a spoon with your baby while feeding him at a meal.

Fiction—Sharing a spoon, glass, or sucking on their pacifiers to clean them can all be ways that parents transmit bacteria that causes decay to their child. Babies should always be fed with their own spoons and glasses. If pacifiers are dropped, rinse them under running water.

Baby bottle tooth decay does not matter because kids lose their "baby teeth" anyway.

Fiction—Baby bottle tooth decay occurs when babies are routinely given bottles at bedtime that contain formula, milk, juice or other sweet liquids. The liquid sits on the baby's teeth, causing acid to wear away the enamel and cause tooth decay. Baby teeth are important to help the permanent teeth come in properly. Tooth decay can cause pain, making babies irritable, decreasing their appetite and affecting their health.

Sugar sweetened beverages can wear away the enamel on my child's teeth.

Fact—All sugar sweetened beverages can cause acid attacks on teeth. This acid will wear away the enamel and cause tooth decay over time. The more often you drink beverages with sugar, the more likely tooth decay will happen. Offer milk, water, or unsweetened drinks with meals and snacks instead.

Use just water and a soft cloth to clean a very young child's gums and teeth

Fact—the gums and teeth of young children are very important to keep clean. Use a soft cloth or soft toothbrush to clean an infant or young child's mouth after each feeding.

I should teach my child to spit out, not swallow toothpaste.

Fact—Toothpaste contains fluoride which helps strengthen teeth but can be a problem if too much fluoride is taken in. Parents should teach their children to only use a pea-sized portion of toothpaste and always spit it out after brushing.