

TOPIC

Oral Health for Toddlers

AUDIENCE

Parents of the Toddlers

TIME NEEDED

60 minutes

HEALTHY PEOPLE 2030 OBJECTIVES

- Nutrition and Healthy Eating - Reduce consumption of added sugars by people aged 2 years and over – NWS – 10
- Adolescents – Reduce the proportion of children and adolescents with active and untreated tooth decay

LEARNING OBJECTIVES

By the completion of the program,

1. After the completion of this lesson, at least 60% of participants will be able to explain how to care for their toddler's teeth on a post test.
2. After the completion of this lesson, at least 50% of participants will be able to explain the importance of good oral hygiene through discussion questions.

MATERIALS NEEDED

- Wi-Fi/a secured internet connection
- Zoom application
- (2) Laptops/Computers
- (2) PowerPoint Presentations
- (5) Educational game questions
- (3) Poll discussion questions
- (2) Educational videos
- (3) Discussion questions

PREPARATION

Before the start of the lesson, prepare the slides of the presentation on a laptop or a computer. Set up the questions and joining code for "Poll Everywhere" and "Kahoot It!" before the beginning of the lesson. Make sure to be able to share the screen with the audience to participate during the poll and educational games sessions. Load videos on separate windows ready to play immediately when necessary

Oral Health for Toddlers

Allison Wargo & Collaborators

PROCEDURE:

1. Introduction

PowerPoint Slides 1, 2, 3, (5 minutes)

1. Introduce yourselves to the audience and communicate that you will be discussing oral health for toddlers and how to practice proper oral hygiene.
2. List the general objectives for the lesson.
3. Introduce the topic of oral health by giving out its basic definition.
 1. Oral health according to the Centers for Disease Control and Prevention is the health of the teeth as well as the health of the oral-facial system that gives us the ability to chew, speak, and show other forms of emotions like smiling, laughing, and many others.
4. Talk about the importance of oral health and why it is recommended to practice good oral hygiene at an early stage. In order to protect a child's oral health, they need to be taught good dental habits. As they grow up, they adopt these oral hygiene habits as parts of their daily routine.
5. Go over what the purpose of the lesson will be:
 1. This lesson will help you understand the importance of oral health in children (toddlers) and know how to care for their teeth.

Activity: Risk factors for poor oral health

PowerPoint Slide 4,5, 6, (10 minutes)

1. Instruct the audience to take out a smartphone or device to answer the poll on PollEv.com. Move on to the next slide and provide the audience with the code and guidelines on how to connect. https://www.polleverywhere.com/free_text_polls/hH0522jCIU8PLSTfN9FB7
2. Allocate some time for the audience to answer the poll question, "What do you think contributes to poor oral health in toddlers?" The audience should be able to see their live responses as they stream on board.
3. Go over responses provided by the audience.
4. Transition to slide 6 to explain important risk factors of poor oral hygiene and oral health.
 1. Cavities: one of the most common chronic diseases of childhood in the US. If left untreated, they will cause infections that could lead to problems with eating, speaking, playing, and learning.
 2. Diet: Diet plays an important role in the health of the teeth and other parts of the mouth. Frequent intake of sugar, excessive and frequent snacking, eating sweetened food during bedtime, just to name a few led to poor oral health in children.
3. Environmental factors: The lack of practicing good oral health puts children at risk of poor oral health. Once the eruption of the first two teeth occurs, they should begin receiving oral hygiene care.

Activity 2: How to engage children to practice proper oral care

PowerPoint Slide 7,8 & 9 (15 minutes)

1. Tell participants that there will be a short video shown. Show the audience a video

Oral Health for Toddlers

Allison Wargo & Collaborators

from WhatsUpMoms about tips for toddlers' teeth brushing with a pediatric dentist.

2. <https://www.youtube.com/watch?v=z1MVn-uYkcM> (3 minutes)
3. Discussion questions with the class: you can either type in the chat or unmute yourself to answer each question.
 - a. What was explained throughout this video?
 - b. What information provided do you think is challenging?
 - c. What is one step you can take to ensure your child has good oral hygiene?

Activity 3: Lecture - Prevention and Treatment of bad oral health in toddlers

PowerPoint 10 &11 (5mintues)

1. Move to slide nine and present information on how to prevent bad oral health in toddlers.
 - a. Brush the teeth of toddlers twice a day with fluoride toothpaste
 - b. Drink tap water that contains fluoride
 - c. Ask your child's dentist to apply dental sealants when appropriate
 - Dental sealants are thin coatings painted on the chewing surfaces of the back teeth (molars) that can prevent cavities (tooth decay) for many years (CDC, n.d.)

Move to slide ten and present information on prevention and treatment for oral health issues in toddlers.

Cleanings: A professional cleaning can get rid of any plaque you may have missed while brushing and flossing. This will remove tartar from your teeth. Cleanings are performed by a dental hygienist. After all the tartar is removed from your teeth, the hygienist will use a high-powered toothbrush to brush your teeth. This is followed by flossing and rinsing to wash out any debris.

Fluoride Treatment: Following a dental cleaning, your dentist may apply fluoride treatment to help fight off cavities. Fluoride is a naturally occurring mineral. It can help strengthen the enamel of your tooth and make them more resilient to bacteria and acid.

Sealants: Dental sealants are thin, protective coatings that are placed on the back teeth, or molars, to help prevent cavities. Your dentist may recommend a sealant for your children as soon as they get their first molars, at around age six, and again when they get their second set of molars around age 12. Sealants are easy to apply and completely painless.

Changing daily habits: Keeping your mouth healthy is a daily commitment. A dental hygienist can teach you how to properly take care of your teeth and gums on a daily basis. In addition to brushing and flossing, your daily routine can include mouthwash, oral rinses, and possibly other tools, such as a water flosser.

Surgery if necessary: Oral surgeries are usually performed to treat more serious cases of periodontal disease. Certain dental surgeries can also be done to replace or fix missing or broken teeth caused by an accident.

Oral Health for Toddlers

Allison Wargo & Collaborators

Activity 4: Kahoot It!

PowerPoint Slides 12 (5 minutes)

1. Play Kahoot It! After the game, go over the answers and ask if there are any questions. (3 min) <https://create.kahoot.it/creator/baacf75d-a943-459e-879b-3ec5a79807cc>

1. What is oral health?

- a. **The health of the teeth as well as the health of the oral-facial system**
- b. The health of the face
- c. The general health of the body
- d. None of the above

2. What mineral should a toothpaste contain?

- a. Chloride
- b. Nitride
- c. Aluminum
- d. **Fluoride**

3. Foods, fruits, and vegetables rich in calcium and protein help build healthy teeth and gums.

- a. **True**
- b. False

4. It is recommended to practice good oral health at an early age because kids adopt these habits as they grow.

- a. **True**
- b. False

5. Which of the following risk factors for poor oral health is correct?

- a. Eating healthy and sleeping early
- b. **Excessive intake of sugar and children**
- c. Brushing regularly and flossing twice a day

Conclusions

PowerPoint Slides 13 & 14 (10 minutes)

1. Conclude the lesson by explaining what was learned throughout the class, the importance of what was obtained through the lesson, and how the skills learned would be a positive asset for an everyday lifestyle.
 - a. *“Today, you have learned about oral health for toddlers and the importance of oral health developing at a young age. You have also learned the possible risk factors and ways to prevent poor oral health. It is important to have learned about ways to engage children to practice proper oral care.”*
 - b. *“Re-Motivation: “Even though it may seem like a bother to stay on top of your oral health, it will be beneficial in the end. You will have great oral health and have many ways to prevent oral cancer. Your children will have resources throughout for proper oral health throughout life.”*

Oral Health for Toddlers

Allison Wargo & Collaborators

2. Transition to possible resources around their area and take the time to emphasize how important these resources are for a healthy life.
 - a. *“It is important to visit the dentist’s office at least once every six months for the sake of your child’s oral health. Do not hesitate to seek help or advice when you find yourself in an overwhelming situation. The dentistry department at the CHOP is always ready to offer comprehensive care to your children. Also, here are some resources available within the community that can provide you with the care your children need.”*
3. Provide individuals with resources around CHOP’s area for different dental hygienists and dental offices.
4. Ask all participants if they have any questions that could be answered about the lesson and thank them for attending and participating.
5. Go to PowerPoint 15 and show students the additional videos that can be viewed about proper dental hygiene and children’s oral health.

Lesson Extension/Plan B (optional)

1. Give parents the opportunity to watch two videos on different ways to educate themselves on proper children oral hygiene.

Parent & Guardian’s Oral Health Program Introductory Video_
<https://www.youtube.com/watch?v=FP-4dh5bTuA> (2:56 min)

KidsHealth from Nemours: Caring for Your Child’s
Teeth <https://kidshealth.org/en/parents/caringforteeth-video.html> (3 min)

Oral Health for Toddlers

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