NATIONAL CENTER ON
Early Childhood Health and Wellness

Oral Health Resources to Support Head Start Programs

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Native American Child and Family Conference

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National Center on Early Childhood Health and Wellness Partners

- American Academy of Pediatrics
  - Education Development Center
  - Georgetown University, Center for Child and Human Development
  - Georgetown University, National Maternal and Child Oral Health Resource Center working in collaboration with the Association of State and Territorial Dental Directors
  - University of California Los Angeles, Health Care Institute

NCECHW Goals

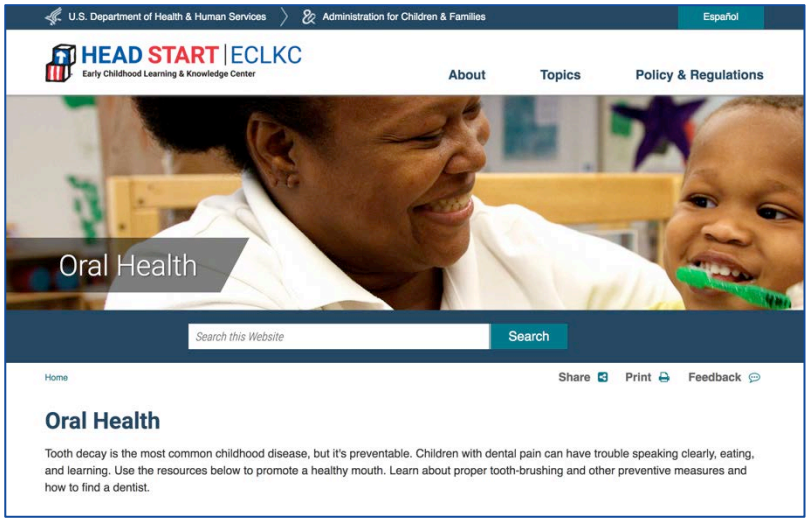
- Improve the health and safety of ECE settings
- Promote positive child health outcomes for children participating in ECE programs
- Increase preventive services related to health outcomes
- Promote access to continuous, accessible health services for children and families
- Promote mental wellness and resiliency for staff, children, pregnant women, and families
- Strengthen networks and coordination of ECE programs and child health professionals

Role of State Dental Hygienist Liaisons

- Serve as communication links between NCECHW and Head Start on oral-health-related topics.
- Collaborate with state organizations.
- Share NCECHW-approved resources and other Office of Head Start-approved resources.
- Offer strategies for accessing oral health care for pregnant women and children enrolled in Head Start programs.
- Attend and present at state and/or local Head Start meetings.

Early Childhood Learning and Knowledge Center Oral Health Pages

- Search Tip
  - Search online for “ECLKC oral health”
- Featured Resources
  - *Healthy Habits for Happy Smiles* (English and Spanish) handouts
  - *Oral Health: Tips for Families* handout
  - *Oral Health: Tips for Health Managers* handouts



Early Childhood Learning and Knowledge Center Oral Health Pages

Five secondary pages:

- Oral Health Assessment, Follow-Up, and Treatment
- Oral Health Resources for Staff
- Oral Health Resources for Families
- Oral Health Policies and Procedures
- 1302.43 Oral health practices

Oral Health Materials for Head Start Staff

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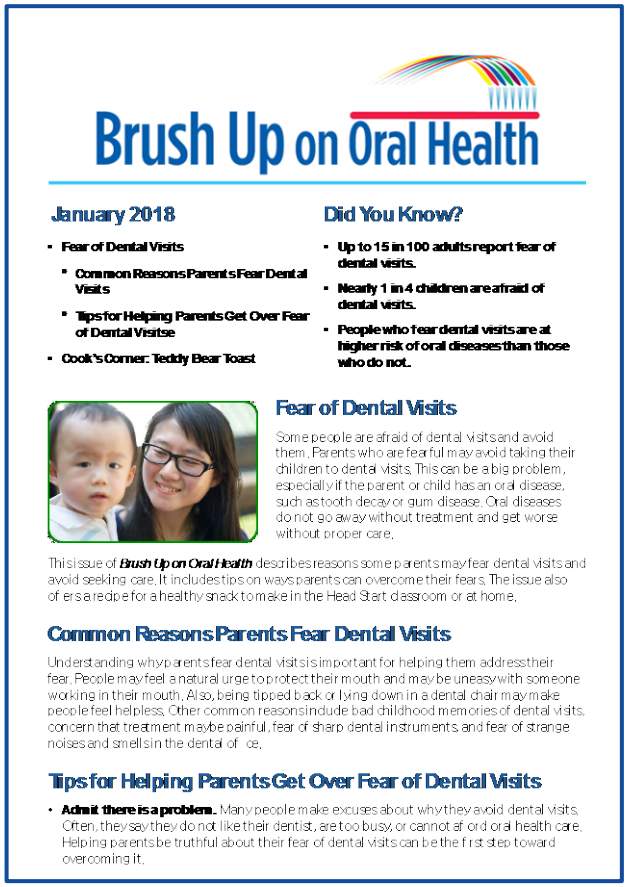
Brush Up on Oral Health Tip Sheet



Brush Up on Oral Health

January 2018

- Fear of Dental Visits
  - Common Reasons Parents Fear Dental Visits
  - Tips for Helping Parents Get Over Fear of Dental Visitse
- Cook's Corner: Teddy Bear Toast

Did You Know?

- Up to 15 in 100 adults report fear of dental visits.
- Nearly 1 in 4 children are afraid of dental visits.
- People who fear dental visits are at higher risk of oral diseases than those who do not.

Fear of Dental Visits

Some people are afraid of dental visits and avoid them. Parents who are fearful may avoid taking their children to dental visits. This can be a big problem, especially if the parent or child has an oral disease, such as tooth decay or gum disease. Oral diseases do not go away without treatment and get worse without proper care.

This issue of *Brush Up on Oral Health* describes reasons some parents may fear dental visits and avoid seeking care. It includes tips on ways parents can overcome their fears. The issue also offers a recipe for a healthy snack to make in the Head Start classroom or at home.

Common Reasons Parents Fear Dental Visits

Understanding why parents fear dental visits is important for helping them address their fear. People may feel a natural urge to protect their mouth and may be uneasy with someone working in their mouth. Also, being tipped back or lying down in a dental chair may make people feel helpless. Other common reasons include bad childhood memories of dental visits, concern that treatment may be painful, fear of sharp dental instruments, and fear of strange noises and smells in the dental office.

Tips for Helping Parents Get Over Fear of Dental Visits

- **Admit there is a problem.** Many people make excuses about why they avoid dental visits. Often, they say they do not like their dentist, are too busy, or cannot afford oral health care. Helping parents be truthful about their fear of dental visits can be the first step toward overcoming it.

- Monthly tip sheet for Head Start staff and health and social service professionals
- Provides information on current practice, practical tips for staff to share with parents for promoting oral health, and recipes for healthy snacks
- Subscribe at https://eclkc.ohs.acf.hhs.gov/subscribe

Brush Up on Oral Health Tip Sheets

- Current and past issues available on ECLKC
- Topics addressed include
  - Oral health promotion
  - Pregnant women's and infants' oral health
  - Children's oral health
  - Children with disabilities and oral oral health
  - Fluoride toothpaste, toothbrushing, fluoride supplements, and fluoridated water
  - Oral health care and dental visits
  - Health literacy language and culture

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I Like My Teeth Posters

- Posters in English and Spanish
- Teaching aid for use in Head Start classrooms and at parent events
- Offers positive messages about
  - Drinking water with fluoride
  - Brushing with fluoride toothpaste
  - Maintaining children's oral health
- Electronic copies

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Be an Oral Health Champion
Booklet and Poster

- Promote awareness of problems children with poor oral health may experience
- Ideas for promoting oral health and preventing oral disease in children

Health Services Newsletter

- Newsletter for Head Start staff
  - Importance of helping children and pregnant women establish a dental home, February 2014
  - The role of drinks with sugar in children's oral health, February 2015
  - Importance of family-style meals, March 2015

What You Should Know and How You Can Help Tip Sheet Series

- Tip sheet for dentists, dental hygienists, and medical providers
- Overview of Head Start program
- Oral health status and access to services
- Ways health professionals can provide oral health services to Head Start participants
- Electronic copies

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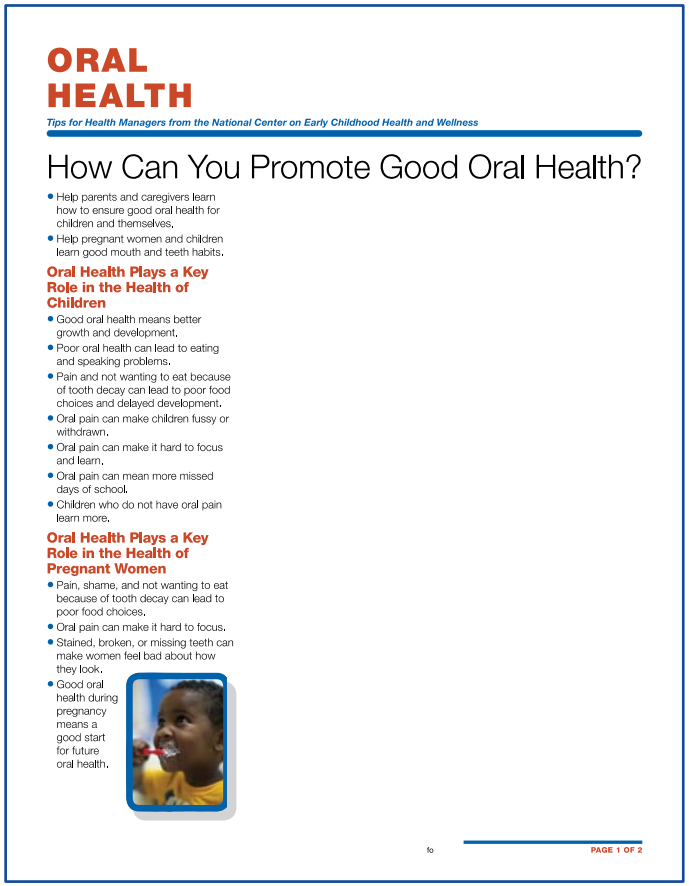
Tip Sheet

- Tip sheet for Head Start health managers
- Part of a series that includes active play, health literacy, healthy breathing, eating, mental health, oral health, safety, and injury prevention
- Provides 10 things health managers should know about oral health that can be shared with families



ORAL HEALTH

Tips for Health Managers from the National Center on Early Childhood Health and Wellness

How Can You Promote Good Oral Health?

- Help parents and caregivers learn how to ensure good oral health for children and themselves.
- Help pregnant women and children learn good mouth and teeth habits.

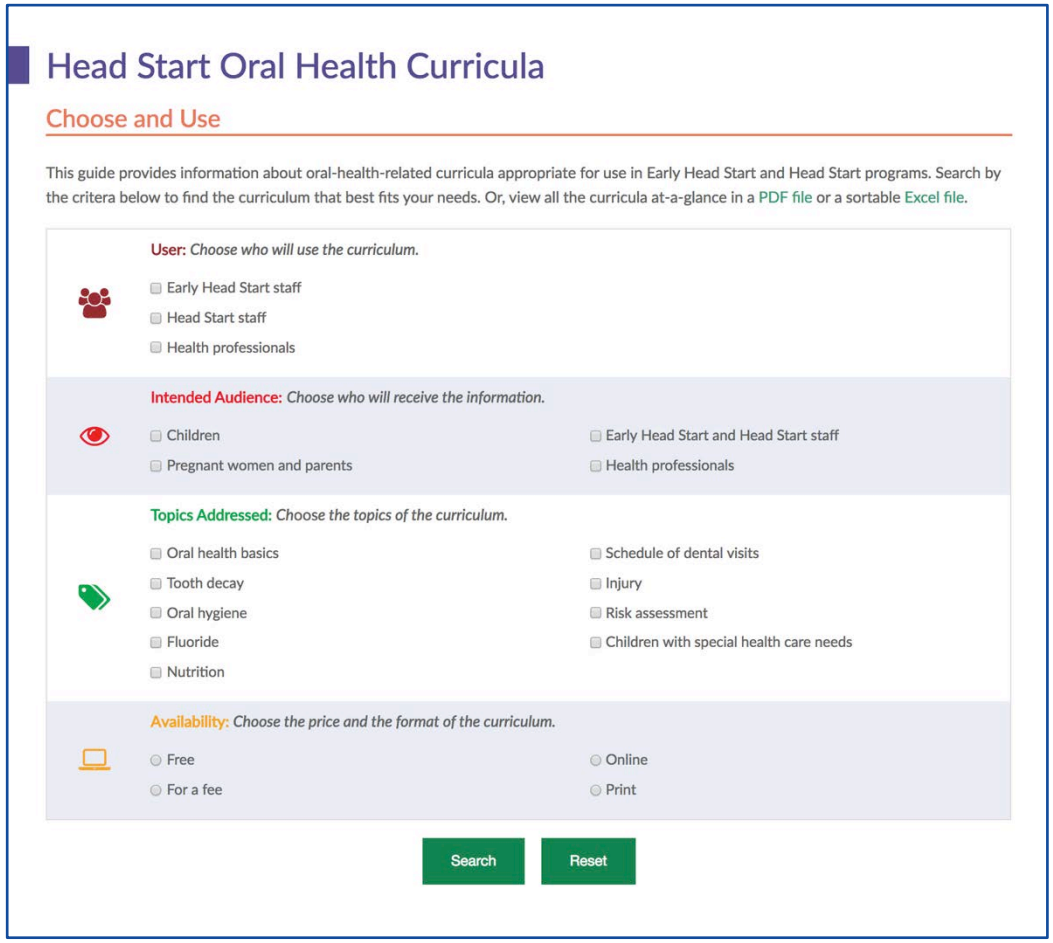
Oral Health Plays a Key Role in the Health of Children

- Good oral health means better growth and development.
- Poor oral health can lead to eating and speaking problems.
- Pain and not wanting to eat because of tooth decay can lead to poor food choices and delayed development.
- Oral pain can make children fussy or withdrawn.
- Oral pain can make it hard to focus and learn.
- Oral pain can mean more missed days of school.
- Children who do not have oral pain learn more.

Oral Health Plays a Key Role in the Health of Pregnant Women

- Pain, shame, and not wanting to eat because of tooth decay can lead to poor food choices.
- Oral pain can make it hard to focus.
- Stained, broken, or missing teeth can make women feel bad about how they look.
- Good oral health during pregnancy means a good start for future oral health.

Choose and Use: Head Start Oral Health Curricula



- Oral health-related curricula appropriate for Head Start
- Search criteria
  - User
  - Intended audience
  - Topics addressed
  - Availability
- Available in a pdf file or sortable Excel file
- Can access through ECLKC—direct link is www.mchoralhealth.org/headstart/curricula/

Head Start Oral Health Forms

- One combined form (pregnant women and children), a form for pregnant women, and a form for children
- Forms collect information on:
  - Dental home status
  - Current oral health status
  - Oral health care services delivered during visit
  - Whether all treatment is complete
  - If future appointments are needed

Oral Health Materials for Head Start Families

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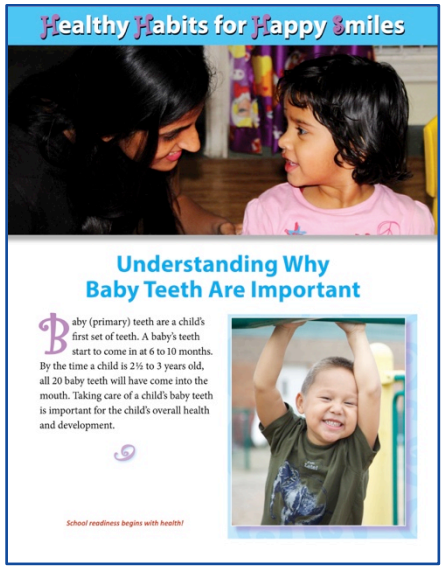
Healthy Habits for Happy Smiles
Handout Series

- Handouts for parents in English and Spanish
- Electronic copies



Topics addressed:

- Dental Visits
- Fluorides
- Healthy drinks
- Healthy snacks
- Infant oral health
- Oral injuries and first aid
- Pregnancy and oral health
- Primary Teeth
- Teething pain
- Toothbrushing
- Toothbrushing tips for a child with a disability

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Brochures

- Brochures for pregnant women and parents
- Content includes brushing, eating healthy foods, and regular dental check-ups and treatment
- Written at 4th–6th grade reading level
- In English and Spanish
- Electronic copies

Tip Sheet

- Offers tips to help families promote good oral health for their children
- Available in multiple languages
  - English
  - Spanish
  - Amharic
  - Arabic
  - Burmese
  - Chinese
  - Hmong
  - Somali
  - Vietnamese

ORAL HEALTH

Tips for Families from the National Center on Early Childhood Health and Wellness

You Can Promote Good Oral Health By:

- Knowing how to make sure you and your family have healthy mouths and teeth
- Helping your children learn good mouth and teeth habits

Why Is It Important?

When Children Have a Healthy Mouth, They:

- Can speak clearly
- Can eat healthy foods
- Feel good about themselves

Having a Healthy Mouth Also Means:

- Healthy growth and development
- Being able to focus and learn
- A pain-free mouth
- Lower dental care costs for your family

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Healthy Smiles: Oral Health Webinar for Spanish-Speaking Parents

- Archived webinar for Spanish-speaking pregnant women and parents
- Provides key oral health messages
- Webinar questions and answers
- Pre- and post-tests
- Evaluation form for participation certificate
- Resources in Spanish

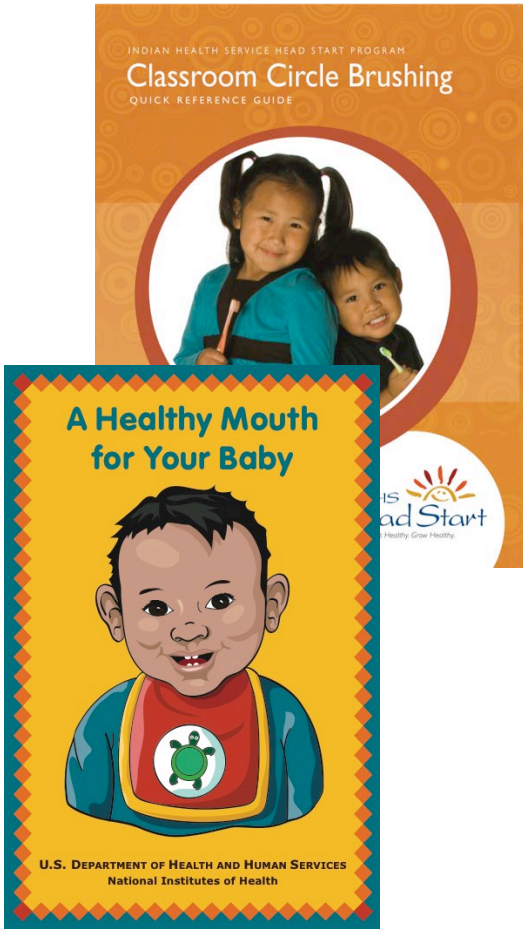
American Indian/Alaska Native Resources

Indian Health Service

- Classroom Circle Brushing: Quick Reference Guide
- IHS Head Start Oral Health: Tools and Resources

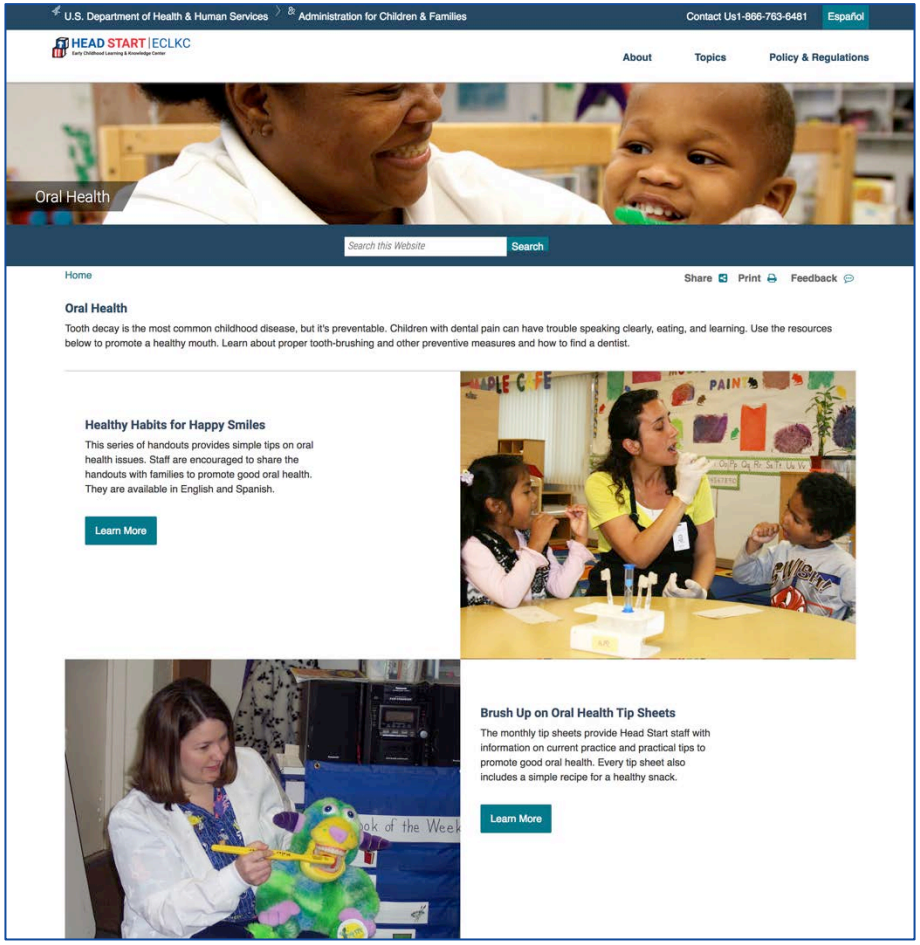
National Institute of Dental and Craniofacial Research

- *A Healthy Mouth for Your Baby* (for American Indians and Alaska Natives)



All can be accessed through ECLKC

Let's Take A Tour
https://eclkc.ohs.acf.hhs.gov/oral-health



Questions?

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