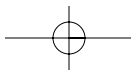
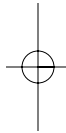
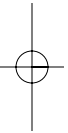
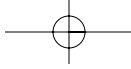


HELP ME
smile



2nd Edition • 2007





Help Me
smile

Oral Health Risk Assessment Protocols,
Training Modules and Educational Materials
for Use with Families of Young Children.

PLAQUE

- Cavity-causing bacteria live in plaque.
- Plaque is a soft, yellow-white, sticky material found on teeth and gums.
- Plaque irritates the gums and causes tooth decay.
- Daily brushing and flossing removes the plaque and helps keep teeth and gums healthy.
- If plaque is not removed from the teeth daily, the gums become red, soft and swollen and bleed easily during tooth brushing.



BRUSHING AND FLOSSING TEETH

- Brush teeth two times a day to remove plaque.
- Brush for two minutes, reaching all teeth.
- Brushing should be supervised by an adult until the child is 6-8 years old.
- Floss once a day – starting at age 8 with adult assistance.
- Replace toothbrush when bristles are frayed.
- Wipe the gums of infants with a wet cloth after each feeding.



HOW TO BRUSH



1. Place toothbrush (with pea-sized amount of toothpaste) at an angle to the teeth. Brush each tooth and the gums in small circles.



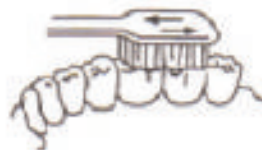
2. Brush the outside of each tooth, upper and lower.



3. Brush the same way on the inside.



4. Tilt the brush and make a few up-and-down strokes to clean the inside of the upper and lower front teeth.



5. Brush the tops of the teeth.



6. Brush the tongue.

HOW TO FLOSS



Start with 12-15 inches of floss and wind floss around one of the middle fingers. The rest of the floss should be wrapped around the opposite hand to “take up” the used floss.



The floss is held tight between the thumb and the pointer finger with about an inch of floss between them.



Gently guide the floss between the teeth. Use a back-and-forth motion to guide floss between the teeth.

FLUORIDE

- Makes teeth stronger and protects them from tooth decay.
- Is found naturally in water and some foods.
- Is added to many community water systems (tap water) when there isn't enough natural fluoride.
- Is also available through drops, tablets, gels, toothpastes, mouth rinses, and varnishes.



TOOTH DECAY OR CAVITIES

- The most common type of cavity starts in the grooves of the back teeth which cannot be completely cleaned by brushing, but where food usually sticks. Cavities also start on smooth surfaces that can easily be brushed and flossed.
- When it comes to cavities, how often sugary foods are eaten is more important than the amount eaten. Changing the diet to decrease how often sugar is eaten is very important.
- Plaque + food + teeth = cavity or decay.



WHAT DOES TOOTH DECAY LOOK LIKE?

- White spots on teeth are the first sign of tooth decay. They look chalky and white and are found near the gums where plaque forms. These spots can be reversed if they are brushed and kept clean. Early cavities are not the only white spots that can be found. A dentist can tell the difference between early decay and white spots that are not health problems such as those that are from too much fluoride.
- If the teeth are not brushed and taken care of then the white spots will turn into brown spots on the teeth. This is more advanced tooth decay. Any brown spot is not normal and should be checked by a dentist. Just because the brown spot doesn't hurt, doesn't mean it's not a cavity.



STAINED AND DISCOLORED TEETH

Causes:

- Trauma to the tooth
- High fever when tooth is forming
- Excessive fluoride
- Taking tetracycline before 8 years of age
- Not brushing teeth and gums
- Tooth decay
- Drinking cola, coffee or tea
- Old silver fillings
- Tobacco products



SHARING GERMS

If the caregiver has much dental decay, he/she usually has high levels of bacteria which cause tooth decay. This germ passed from caregiver or family members to the child can cause tooth decay.

Family Members SHOULD NOT . . .

- Clean child's pacifier with their mouth
- Share spoons or forks
- Pre-chew child's food
- Share toothbrushes
- Share cups or bottles

Take these steps to help stop the spread of tooth decay.



TEETHING

When baby teeth are about to come in, the child may:

- Drool constantly
- Put fingers and hands in the mouth
- Be very restless while sleeping
- Be irritable and fussy
- Have a runny nose and slight fever

To comfort, allow child to chew on:

- Cold, wet washcloth
- Teething ring – cold
- Frozen bagel



EARLY CHILDHOOD CARIES

A bottle filled with milk, formula, juice, or soda pop may lead to tooth decay. If a baby bottle is used to console the child for sleep time – use water only.

- Continuous drinking from a bottle or sippy cup filled with milk, formula, juice or soda pop may lead to tooth decay – use water only.
- Pacifiers should ALWAYS be cleaned. Don't dip them in sugary substances, as this can lead to tooth decay.

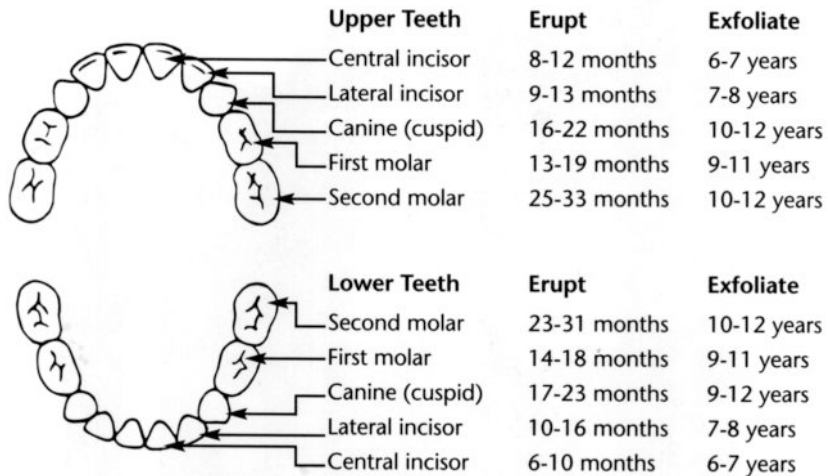


TEACH YOUR BABY HEALTHIER WAYS TO SETTLE DOWN TO SLEEP

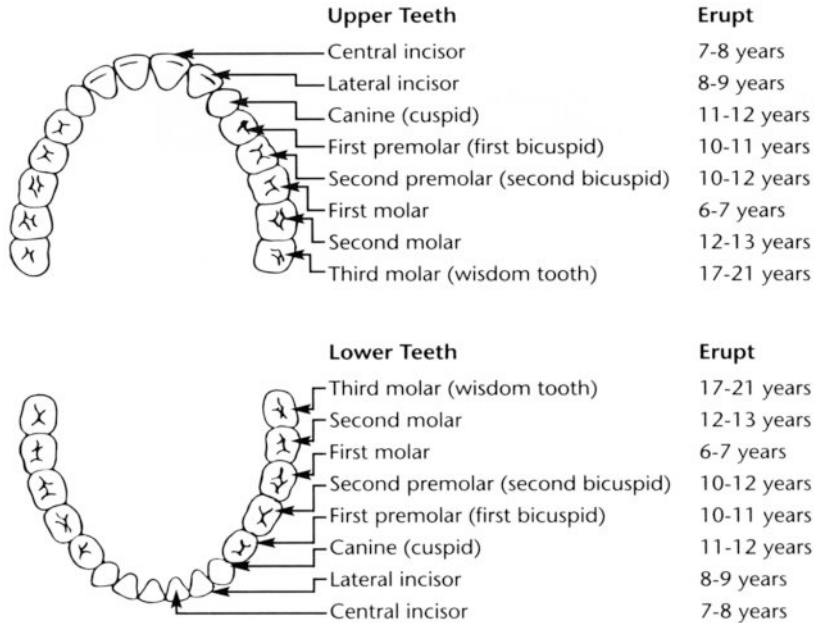
- Rock your baby before laying him or her down to sleep.
- Use a mobile or music box to soothe your baby.
- Let your baby suck a clean, non-sugary pacifier, if this is their habit.
- Use a soft toy or small blanket for your baby to snuggle.



TOOTH ERUPTION CHART PRIMARY DENTITION



PERMANENT DENTITION



Adapted with permission from the Arizona Department of Health Services, Office of Oral Health, courtesy of Don Altman, D.D.S., M.P.H. The assistance of the American Dental Hygienists' Association is gratefully acknowledged.

NUTRITIOUS SNACKS

Meal and snack choices can play a big part in the health of your teeth.

Between meals, help control plaque, bacteria and acids by:

- Eating healthy, low-sugar snacks
- Limiting how often snacks are eaten
- Avoiding sweets that stick to the teeth



SUGARY MEDICINE AND CHILDREN WITH SPECIAL HEALTH CARE NEEDS

- Children who must take sugary medicine often have more tooth decay.
- Children with special needs have more oral health problems and it may be more difficult to clean their teeth.
- It is important to brush your child's teeth every day and take them to the dentist regularly.



TOOTH INJURIES AND PREVENTION

If a tooth is knocked out:

- Find tooth- Do not try to put a baby tooth back in the child's mouth.
- Control bleeding by applying firm but gentle pressure to the area.
- Comfort the child.
- Take the child and the tooth to dentist.
- If a permanent tooth is knocked out, gently replant the tooth into its socket. Have the child hold it in place with a tissue. If it's not possible to replant the tooth, place it in a glass of cool skim or low-fat milk and see your dentist immediately. To prevent mouth injuries, follow all safety precautions for children's toys and equipment.



DENTAL HOME

A dental home is an office or clinic where you and your family feel welcome and have formed a relationship with the dentist and feel comfortable receiving dental care on a regular basis.

The staff at your dental home . . .

- Checks your teeth
- Keeps teeth healthy and attractive
- Gives advice on oral health issues
- Provides current information on the condition of your family's gums, teeth, and bite



LIFT THE LIP (AGE 0-3 YEARS)

Tooth decay in children under age 3 is preventable. If found early, it can be stopped and even reversed.

Parents/caregivers can be taught to “Lift the Lip” to check their child’s teeth for early signs of tooth decay.

Two adults sit facing each other knee to knee. The adult holding the child gently lays child back on their lap to tilt the child’s head back. This adult can hold wiggly arms and legs. The head is placed so you can see the four upper front teeth. Now have the adult in whose lap the child’s head lays gently lift the lip.

Focus on the four upper front teeth. This is where you are most likely to find signs of possible dental problems: visible plaque, white or brown spots. Look at both the front and the back of the four upper front teeth, near the roof of the mouth.

As new teeth come in the mouth, they will need to be checked the same way.



Lift the Lip (continued)

So what does a tooth problem look like?

1. Visible Plaque is a thick layer of germs and food. Decay starts to form under plaque that is not regularly cleaned away.



Lift the Lip (continued)

2. Early decay first shows as white spots or lines along the part of the tooth closest to the gums.



3. Moderate decay shows as large brown spots that are really holes in the teeth.



Lift the Lip (continued)

4. Severe decay is obvious because the teeth begin to chip off and have a broken appearance, sometimes looking like little dark nubs.



“Lift the Lip” takes only a few minutes. If the child cries or fusses, it’s OK because the child’s mouth will be wide open for viewing.

If you see any of these problems, the child should be referred to a dentist. Early problems can be reversed with fluoride or repaired by a dentist. If left untreated the child may require hospitalization for treatment.

Remember to “Lift the Lip” and check your young child’s upper front teeth at least once a month.

CHANGES IN MOUTH AND GUMS DURING PREGNANCY

Hormone changes during pregnancy can cause gum disease, resulting in:

- Tender, swollen or red gums
- Gums that bleed when you brush or floss
- Bad breath or a bad taste in your mouth that won't go away

If these occur, see your dentist.



NUTRITION DURING PREGNANCY

- Eating a balanced diet with plenty of folic acid, protein, calcium and vitamins will contribute to your and your baby's oral health.
- You will not lose a tooth for every child. The baby's calcium needs are provided by the mother's diet, not her teeth.
- In addition to milk, calcium can also be found in dark green leafy vegetables, soybeans and dairy products.

Snack wisely, not on sweet or sticky foods



BAD BREATH

Bad breath can be caused by:

- Poor oral hygiene
- Food debris
- Certain foods like garlic and onion
- Dry mouth
- Tobacco products
- Medical disorders
- Gum disease



Odor-causing bacteria live on your tongue, so brush your tongue when you brush your teeth.

See your dentist if bad breath does not go away

Dental Sealants

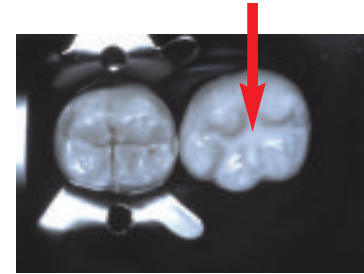
Most tooth decay starts on the back teeth because they have small grooves and pits where germs and food can hide.

Teeth can be protected from tooth decay by fluoride, which is found in water, toothpaste and mouth rinse. Fluoride is good for the sides of your teeth, but the chewing surfaces with the pits and grooves need special protection.

A sealant is a plastic coating that can be applied to the chewing surfaces of the back teeth to keep out germs that cause tooth decay. Sealants work and are easy to apply.

Applying a sealant is an easy 3-step process.

1. A dentist or hygienist may clean the chewing surfaces of your teeth.
2. A cleansing liquid is gently rubbed on the teeth and is washed off in one minute.
3. Finally, the sealant is painted on the teeth. It takes about one minute for the sealant to form a protective barrier.



Mouth Guards

A mouth guard is a flexible appliance made out of plastic, which fits around the upper teeth because they are the most frequently injured. It is worn during athletic and recreational sports.

More than 200,000 injuries to the mouth and jaw occur each year.

A mouth guard can prevent serious injuries such as concussions, cerebral hemorrhages, jaw fractures and neck injuries by helping to avoid situations where the lower jaw is thrust into the upper jaw. Mouth guards are effective in preventing cutting and bruising of the lips and cheeks, especially for those who wear orthodontic appliances.

There are three types of mouth guards:

Stock - available at most sporting good stores and the least expensive and least protective.

Mouth Formed or Boil and Bite - most commonly used mouth guard on the market. Wearer fits guard to mouth after softening with boiling water. This type is the most uncomfortable to wear.

Custom-made - individually designed and constructed by a dentist. It provides good fit, quality and is best at preventing injuries.



Complications of Oral Piercing and Wearing Oral Jewelry

You may:

- Develop excessive saliva and drooling.
- Have difficulties saying words clearly.
- Have problems with chewing and swallowing food.
- Have allergic reactions to the metal in the jewelry.
- Have loss of sensation in the tongue.
- Develop gum disease.
- Develop an infection of the skin or oral tissues.
- Have prolonged bleeding, swelling and nerve damage.
- Chip or break teeth or jewelry.
- Experience tooth loss.
- Contract hepatitis B, C, D and G.
- Choke or swallow jewelry that comes loose in your mouth.
- Be at risk of inflammation of the heart.



Effects Tobacco Can Have On My Oral Health

Tobacco use causes:

- Bad breath
- Stained, yellow teeth
- Build up of tartar
- Mouth sores
- Facial wrinkling and appearance of aging
- Precancerous white patches or plaques
- Cancer of the throat, voice box and esophagus (leading to stomach)
- Delayed healing after oral surgery and tooth extractions



Signs and Symptoms of Oral Cancer

- A persistent sore that does not heal (after 2 weeks).
- Color changes such as red or white patches in the mouth or on the lips.
- Pain, tenderness or numbness anywhere in the mouth or lips.
- A lump, thickening, rough spot, crust or small worn area.
- Difficulty in chewing, swallowing, speaking or hoarseness that does not go away and moving the jaw or tongue.
- Change in the way your teeth fit together.
- Repeated bleeding from the mouth or throat.
- Swelling, lump or growth anywhere in or about the mouth or neck.

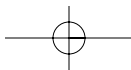
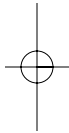
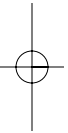
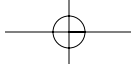


Installation Instructions

As soon as CD-ROM is placed in computer a .pdf table of contents page will open. This page has links to all the sections on the CD.

There are two ways to find the content that you are looking for on the CD-ROM:

1. Select the appropriate age group with your mouse pointer and your cursor will move forward to the lessons for that age group, you can then scroll down to the specific information you need.
2. Open the *“bookmarks”* tab, located on the left side of the .pdf file. Click on the section or unit title to quickly access that page.



Columbus, Ohio 2007



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