



# Brush Up on Oral Health

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## April 2017

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## Did You Know?

- Of all injuries in young children, nearly one in four involve dental trauma.
- One-quarter of all oral injuries in children under age 18 occur among 1- to 2-year-olds.
- Almost one-third of all 5-year-olds have injured their primary teeth.



## Oral Injuries

Oral injuries to the face and mouth happen often among young children. Because oral injuries can affect children for the rest of their lives, it is important for Head Start staff and parents to try to prevent these injuries.

This issue of ***Brush Up on Oral Health*** discusses oral injuries that can happen to children. It also identifies strategies Head Start staff can use to help prevent these injuries. The issue also includes a recipe for a healthy snack that can be made in a Head Start classroom or at home.

## Causes and Types of Oral Injuries

Most oral injuries happen when children fall. Children may stumble as they are learning to walk and when they are physically active. Injuries may happen when children trip on things, are pushed by another child, climb on stairs and furniture, or run with items in their mouths. Children's top front teeth are injured most often. They can be chipped, pushed into the gum, pushed forward or back in the mouth, or knocked out. Bruises or cuts in or near the mouth are also common oral injuries. Some children receive burns from chewing on electrical cords that are plugged into a socket.

## Impact of Oral Injuries

Preventing oral injuries is important for many reasons. Injured primary teeth can turn brown or black, be painful, become infected, or have to be removed. Any one of these outcomes can affect the child's self-esteem, ability to learn, and/or ability to eat healthy foods.

Early loss of primary teeth as a result of an oral injury or tooth decay can affect the condition of the child's permanent teeth as well. Primary teeth keep space open for permanent teeth forming underneath. When primary teeth are lost too early, there may not be enough space for permanent teeth.

Injuries to a child's primary teeth can also damage the permanent teeth that are forming under the primary teeth. If a primary tooth is pushed into the gum, it can disturb the cells that are building the permanent tooth. This can cause discolored or deformed permanent teeth or permanent teeth that decay quickly. Injuries to primary and permanent teeth can affect a child's speech, nutrition, self-confidence, and overall health.

## Preventing Oral Injuries: What Head Start Staff Can Do

Head Start staff and parents can protect children from oral injuries by making the center and play areas safe. Here are some steps to take to help prevent oral injuries in Head Start programs.

- **Do health and safety sweeps.** Tour areas where children spend time. Use safety gates, and cover sharp corners on furniture. Remove hazards or obstacles that might make a child fall. Make sure that toys and other things are picked up off the floor to help prevent children from tripping. Check that there is enough uncluttered space for children to move and play. Look over playground equipment to make sure it is age-appropriate.
- **Set and enforce policies and procedures.** Work with Head Start Health Services Advisory Committee members, parent committees, home visitors, child-safety experts, and others to identify behaviors that could cause oral injuries, and develop policies and procedures to help prevent oral injuries. Some examples include using child safety straps on high chairs; having children wear helmets when riding wheeled toys; and keeping toys picked up from the floor, playground, and yard. The policies and procedures should also address how to handle oral injuries (see [Dental Emergencies: Protect Your Child's Smile](#)).
- **Record, track, and analyze oral injuries.** Head Start staff should document all injuries and inform parents if their child is injured. Keep a log of all injuries, and review the log quarterly to identify patterns about where and when injuries happen. This information can be used to determine what changes are needed to help prevent injuries.



- **Educate staff, parents, and children.** Use staff training and coaching opportunities, parent meetings, newsletters, and social media to teach Head Start staff, parents, and children how to avoid oral injuries. Invite oral health professionals, safety experts, and others to talk about how to prevent injuries.

## Cook's Corner: Veggie Sushi Rolls

Here is a delicious healthy snack that children can make in a Head Start classroom or at home with their families.

### Ingredients

- 1 zucchini, sliced lengthwise with a potato peeler
- 2 carrots, cut into thin strips
- 1 green, red, or yellow bell pepper, cut into thin strips
- 1 radish, cut into thick slices (optional)
- 1 bunch of cilantro, broken into small stalks (optional)
- ½ cup low-fat cottage cheese



### Directions

1. Lay the zucchini strips on a flat surface.
2. Spread 1 teaspoon of cottage cheese onto one end of the zucchini strips.
3. Put a few of the sliced vegetables on top of the cottage cheese.
4. Roll up the zucchini strips with the cottage cheese and vegetables inside.

**Makes 8 to 10 servings**

**Safety tip:** An adult should slice the ingredients.

## Contact Us

The National Center on Early Childhood Health and Wellness welcomes your feedback on this issue, as well as your suggestions for topics for future issues. Please forward your comments to [health@ecetta.info](mailto:health@ecetta.info) or call 866-763-6481.

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