



# Brush Up on Oral Health

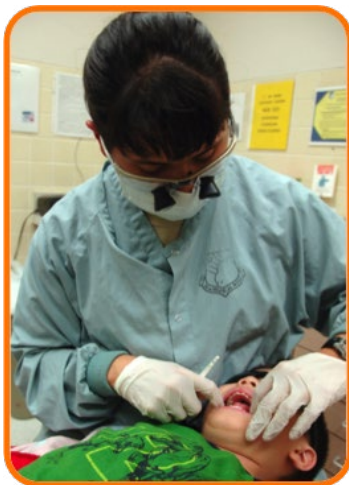
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## December 2017

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## Did You Know?

- **[MyPeers](#) is an online social and learning network for staff to ask and answer questions, and to share ideas and tips on how to address issues faced in Head Start programs.**
- **[Registering](#) for the Health, Safety and Wellness community on MyPeers is quick and easy.**



## Oral Health, Overall Health, and Learning

Oral health is a key part of a child's overall health and well-being. Children with good oral health tend to eat well, sleep well, and grow and develop as they should. A child's oral health also makes a big difference in the child's ability to learn. Children with tooth pain often have a hard time finishing tasks or activities in the classroom. They may act out, be withdrawn, or seem tired or depressed.

This issue of *Brush Up on Oral Health* describes one part of the Head Start Program Performance Standard, Ensuring up-to-date child health status, 45 CFR § 1302.42(b)(1), and how it relates to oral health. The issue discusses how Head Start programs can find and use the dental periodicity schedule for their state. It also offers a recipe for a healthy snack to make in the Head Start classroom or at home.

## Ensuring Children Are Up to Date on Health Care Services

To help keep children healthy and ready to learn, Head Start set a program performance standard, **[Ensuring up-to-date child health status, 45 CFR §1302.42\(b\)\(1\)\(i\)](#)**. This standard requires that program staff obtain determinations from health care and oral health professionals as to whether or not the child is up to date on a schedule of age-appropriate preventive and primary medical and oral health care. These schedules are based on well-child visits and dental periodicity schedules defined by the **[Early and Periodic Screening, Diagnostic, and Treatment](#)** (EPSDT) benefit of each state's Medicaid program. The EPSDT benefit provides comprehensive and preventive health care services for children enrolled in Medicaid. EPSDT includes the following services:

- **Early:** Assessing and identifying problems early.
- **Periodic:** Checking children’s health at periodic, age-appropriate intervals.
- **Screening:** Providing physical, mental, developmental, dental, hearing, vision, and other screening tests to detect potential problems.
- **Diagnostic:** Performing diagnostic tests to follow up when a risk is identified.
- **Treatment:** Controlling, correcting, or reducing health problems found.

When EPSDT visits occur and what services are provided are determined by an established schedule based on a child’s age. This is known as a periodicity schedule. Each state is required to develop a periodicity schedule for EPSDT well-child as well as dental services.

Some states use a nationally recognized periodicity schedule for well-child visits such as the American Academy of Pediatrics’ **Bright Futures** guidelines. Others have consulted with medical organizations involved in children’s health care to develop their own periodicity schedule.

## Dental Periodicity Schedule

The dental periodicity schedule as mentioned in program performance standard 45 CFR §1302.42(b)(1) is also set by each state and must meet standards of dental practice. Most states follow the dental periodicity schedule recommended by the American Academy of Pediatric Dentistry (AAPD). Other states have worked with dental organizations involved in children’s oral health care to develop their own dental periodicity schedules. At a minimum, oral health services include relief of pain and infections, restoration of teeth, and maintenance of oral health.

AAPD maintains a webpage with a link to each state’s dental **periodicity schedule**. To find your state’s dental periodicity schedule, select your state on the map.

Head Start programs can track a child’s oral health status and care using **oral health forms** developed by the National Center on Early Childhood Health and Wellness. The forms are filled out during a child’s dental visit. They provide information on the child’s current oral health status and what oral health services were delivered during the visit.

The forms can be customized with the Head Start program’s name, mailing address, phone and fax numbers, and email address. A **sample letter** to the child’s oral health provider is also available that explains how to complete and submit the form to the Head Start program’s health manager.

The image shows a sample 'Head Start Oral Health Form—Children'. The form is organized into several sections with blue headers:

- Patient Information:** Includes fields for Child's name, Date of birth, Parent's/guardian's name, Phone number, Address, and a checkbox for 'This practice is the child's dental home: Yes No'. It also includes fields for City, State, and Zip code.
- Current Oral Health Status:** Contains questions about untreated decay, previous treatments (fillings, crowns, extractions), and current treatment needs (urgent vs. not urgent).
- Oral Health Care Services Delivered During Visit:** A table with three columns: 'Diagnostic/Preventive Services', 'Counseling/Anticipatory Guidance', and 'Restorative/Emergency Care'. Each column has rows for 'Examination', 'X-rays', 'Risk assessment', 'Cleaning', 'Fluoride varnish', and 'Dental radiants', with 'Yes' and 'No' checkboxes.
- Additional Information:** Includes a 'Referral to Specialty Care' section with checkboxes for 'Referral to Specialty Care', 'Emergency care', and 'Other (Please specify)'. It also has a section for 'Future Oral Health Care Services' with fields for 'All treatment completed?', 'When appointments needed for treatment?', and 'If yes, Approximate number of appointments needed'.
- Additional Information for Parents, Head Start Staff, and Medical Providers:** A section for providing contact information and signatures.
- Oral Health Provider's Contact Information and Signature:** Fields for Provider name (please print), Phone number, Fax number, Practice name, Address, Provider signature, and Date of service.

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## Cook's Corner: Mini Bagel Wreaths

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

### Ingredients

- 1 mini bagel, sliced in half
- 2 ounces low-fat cream cheese
- 1 tablespoon chopped red, green, and yellow bell peppers



### Directions

1. Spread 1 ounce of the cream cheese on each bagel half.
2. Sprinkle with the chopped bell peppers.

### Makes 2 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.

Subscribe or view all issues of [Brush Up on Oral Health](#) on the Early Childhood Learning and Knowledge Center.

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