

Your Smile Matters

Ventura County Oral Health Program Modules

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Module 1 Outline: General Oral Health

- A. Healthy mouth and teeth
 - a. Mouth connected to overall health
 - i. Infections in mouth can transfer
 - b. Teeth are needed to eat, bite, chew, talk
 - c. Mouth is the entryway for nutritious foods

- B. How to keep teeth healthy and strong
 - a. Floss once a day
 - i. Floss before you brush
 - b. Brush twice a day for 2 minutes
 - i. Circular motion
 - ii. Teeth are not flat
 - iii. Reach gums
 - iv. Brush tongue
 - v. Replace toothbrush
 - c. Visit dentist regularly
 - d. Drink fluoridated tap water
 - e. Avoid sugary/sticky food and drinks

- C. Handouts
 - a. [“Care of Teeth”](#) by the National Center for Farmworker Health
 - b. [“Tips for Healthy Teeth”](#) by American Dental Association Foundation- Give Kids A Smile

Module 1: General Oral Health

- **Key messages:**

Why is it important to have a healthy mouth and teeth?

- The mouth is an important part of the body and is connected to overall health. An infection in the mouth can transfer from person to person, and to other parts of the body.
- A healthy mouth and teeth are important parts of a healthy body.
- Teeth are needed to eat, bite, chew, talk.
- The mouth is the entry way for nutritious foods. It is important for our teeth to be healthy and strong, so we can eat nutritious foods.

How can we keep our teeth healthy and strong?

- Floss every day with string floss or a floss stick to clean in between the teeth. Start with flossing first to remove bits of food between the teeth before brushing.
- Brush at least twice a day for two minutes.
- Brush in a circular motion with the toothbrush angled towards the gumline. Teeth are not flat, so it is important to brush in circles to reach the entire tooth surface.
- Clean all sides of a tooth which includes the front, top, back and two sides
- It is recommended to replace a toothbrush every 3 months and after being sick.
- Brush or use a tongue scraper on the tongue to remove bacteria.
- Visit the dentist regularly. Do not wait for pain to visit the dentist.
- Drink fluoridated tap water to keep teeth strong. Most bottled water does not have fluoride and tap water is free!
- Avoid sugary/sticky foods and drinks like candy, cookies, crackers, juice, and soda that can cause tooth decay.
- To not pass infections of the mouth to others do not share things that have had contact with your mouth, i.e. utensils, cups, toothbrush, blowing on others food.

- **Activity Ideas:**

- **Activity**
 - Flossing & Brushing Demonstration: On a mouth model, floss sides of teeth. With a toothbrush-shaped object or using two fingers, demonstrate brushing in circles on teeth and brushing the front, top, inside of teeth and brushing the tongue.
- **Discussion Questions**
 - Do you have a dentist you see regularly? If not, have you made an appointment to see a dentist? Do you know how to locate a dentist?
 - Should you brush or floss first? [It is key to floss first to remove bits of food, and then brush]
 - Do you think poor oral health can affect overall health? [Yes, the mouth is connected to the body. Infections in the mouth can travel to other parts of the body and bacteria in the mouth can pass from person to person.]

Module 2 Outline: Tooth decay

- A. Tooth decay
 - a. Preventable chronic disease
 - b. Bacteria are infectious
 - c. Tooth decay creates cavities

- B. Causes of tooth decay
 - a. Acid from bacteria
 - i. Plaque
 - ii. Bacteria turns sugar into acid

- C. Prevent decay
 - a. Practice a good oral health routine
 - i. Floss
 - ii. Brush
 - iii. Visit dentist regularly
 - b. Drink fluoridated tap water
 - c. Snack on healthy foods
 - i. Limit sugary/sticky foods and drinks
 - d. Do not share utensils
 - i. Stop the spread of bacteria by practicing good oral health routine
 - e. Fluoride varnish
 - f. Sealants

- D. Signs/symptoms
 - a. May not present early symptoms
 - i. Get x-rays
 - b. Early sign: white spots on tooth
 - c. Late sign:
 - i. Tooth sensitivity
 - ii. Difficulty chewing food
 - iii. Tooth pain
 - iv. Bad breath
 - v. Swelling/sore on the gums

- E. Handouts
 - [“Healthy Teeth Begin at birth”](#) by California Dental Association Foundation
 - [“Dental Sealants: Seal Out Tooth Decay”](#) by North Carolina Department of Health and Human Services, Oral Health
 - [“What is fluoride varnish?”](#) by Healthy Teeth Healthy Children & American Academy of Pediatrics
 - [“Fluoride: Cavity Fighter”](#) by American Academy of Pediatrics, Campaign for Dental Health
 - [“Why Do Children Need Fluoride”](#) by American Academy of Pediatrics, Campaign for Dental Health

- [“Care of Teeth”](#) by the National Center for Farmworker Health

Module 2: Tooth Decay

- **Key messages:**

What is tooth decay?

- Tooth decay is a preventable chronic disease and the #1 chronic disease in children.
- The bacteria, known as streptococcus mutans, that causes tooth decay is infectious. Sharing items such as eating utensils and kissing can pass the bacteria from person to person.
- Tooth decay is a process that breaks down the outer surface of the tooth (enamel) and creates a hole called a cavity. If a dentist does not treat a cavity, it can spread to the nerve of the tooth (pulp).

What causes tooth decay?

- Tooth decay is caused by acid from bacteria (streptococcus mutans).
- Bacteria forms a soft, sticky coating on the teeth called plaque.
- When sugary foods are left on the teeth, the bacteria turn the sugar into acid.

How can you prevent tooth decay?

- Practice a good oral health routine: Floss daily, brush at least twice a day for two minutes, use a fluoridated toothpaste, and visit the dentist regularly.
- Drink plenty of water throughout the day, preferably fluoridated tap water.
- Only snack on healthy foods like fruits, vegetables, nuts. Limit sugary/sticky foods and drinks to mealtime only.
- Do not share eating utensils (this is especially important with children), toothbrushes, etc.
- Encourage family and friends to visit the dentist and practice a good oral health routine so the cavity causing bacteria does not spread between people.
- Ask your dentist for topical fluoride varnish application (especially for children). Topical fluoride varnish coats the teeth with a strong fluoride to strengthen the outer surface of the tooth and prevent decay.
- Ask your dentist about sealants for your child. A sealant is a plastic-like coating placed on the biting surfaces (top) of the molars that prevents bacteria from getting in deep grooves of the teeth and can last for up to 10 years.

Signs/symptoms of tooth decay:

- In early stages, cavities may not present any symptoms. Therefore, it is important to visit the dentist regularly and get x-rays to check for cavities.
- An early sign of tooth decay is a white spot on the tooth, as it spreads it will turn dark and form a hole in the tooth.
As a cavity progresses, you may have: tooth sensitivity, difficulty chewing food, tooth pain, bad breath, or swelling/sores on the gums. If you have any of these symptoms, it is important to see a dentist immediately, so the problem does not get worse.

- **Activity Ideas:**
 - **Activity**
 - Bruised apple demonstration: Show participants a brown spot on a bruised apple. Cut through the apple with a knife. Show how the bruise spreads to the inner parts of the apple. This is like a cavity. If a dentist does not treat a cavity, it will continue to spread in the tooth and eventually destroy the tooth structure.
 - **Discussion Questions**
 - How can tooth decay spread between family members? [If you share utensils, cups, toothbrushes, blow on other's food or even kiss, you can transfer the cavity-causing bacteria throughout your family.]
 - Should a person wait until a toothache to visit the dentist? [No, if you wait until pain it usually means the cavity has spread deep into the tooth. If you visit the dentist regularly, they can identify cavities before it hurts.]

Module 3 Outline: Gum Disease

- A. Gum disease
 - a. Infection of the tissue that hold teeth
 - b. Two types
 - i. Gingivitis
 - 1. Gums red, swell, bleed
 - 2. Reversible
 - ii. Periodontal disease
 - 1. Damage to the gums, ligaments, and bone
 - 2. Tooth loss if not treated

- B. Causes
 - a. Infection caused by plaque
 - i. Formed by bacteria
 - b. Risk factors
 - i. Smoking
 - ii. Stress
 - iii. Poor nutrition
 - iv. Diabetes
 - v. Hormonal changes
 - vi. Certain medications
 - vii. AIDS
 - viii. Cancer

- C. Prevention
 - a. Practice a good oral health routine
 - i. Floss
 - ii. Brush
 - iii. Visit dentist regularly
 - b. Regular teeth cleaning
 - c. Avoid smoking

- D. Signs/Symptoms
 - a. Bleeding
 - b. Swelling
 - c. Red gums
 - d. Bad breath
 - e. Loose teeth
 - f. Teeth don't fit together
 - g. Pain only a symptom in advanced state (usually no pain)

- E. Handouts
 - a. ["Care of Teeth"](#) by the National Center for Farmworker Health

Module 3: Gum Disease

- **Key messages:**

What is gum disease?

- Gum disease is an infection of the tissues that hold our teeth in place. This includes gums, ligaments, and bone.
- There are two types of gum disease: Gingivitis and Periodontal Disease. Gingivitis is the mildest form of gum disease that causes gums to become red, swell, and bleed easily. Gingivitis is reversible with good oral hygiene practices such as flossing daily, brushing twice a day for two minutes, and visiting a dentist regularly. If gingivitis is not treated, it can become periodontal disease, which is the advanced form of gum disease. Periodontal Disease causes damage to the gums, ligaments, and bone that support the teeth and can cause eventual tooth loss if not treated. Periodontal disease that causes damage to tissues that support teeth is irreversible, but it is important to maintain oral health as to not further the damage.
- Bacteria from gum disease can travel through the bloodstream and to other body organs.

What causes gum disease?

- Gum disease is an infection caused by plaque that is formed by bacteria. Plaque that is not removed by flossing and brushing hardens into tartar. Only a dental professional can remove tartar.
- There are other risk factors for gum disease, such as smoking, stress, poor nutrition, diabetes, hormonal changes (especially during pregnancy), certain medications, and other illnesses like AIDS and cancer.

How can you prevent gum disease?

- Practice a good oral health routine: Floss daily, brush at least twice a day for two minutes, and visit the dentist regularly.
- It is very important to get regular teeth cleanings to remove tartar from your teeth and prevent gum disease.
- If you already have gum disease, it is important to continue regular teeth cleanings to prevent further damage to the tissues supporting your teeth.
- Avoid smoking.

Signs/symptoms of gum disease:

- Signs may include: bleeding, swelling, and red gums, gums that pull away from the teeth, bad breath or taste in mouth that does not go away, pus between teeth and gums, loose teeth, teeth that do not fit together, and a partial or denture that does not fit anymore.
- Many people do not have pain from gum disease until it is in an advanced stage.
- It is important to visit your dentist regularly to determine if you have gum disease. This will be done through measurements of gum tissue and x-rays to identify bone loss.

- **Activity Ideas:**
 - **Discussion Questions**
 - What are the best ways to prevent gum disease? [Regular dental cleanings, good oral hygiene routine of flossing once a day and brushing twice a day]
 - Does gum disease cause pain? [Gum disease only causes pain in severe cases, you may not know if you have gum disease unless you visit the dentist.]
 - What are the two different types of gum disease? [Gingivitis and periodontal disease.]

Module 4 Outline: The Connection Between Oral Health and Overall Health

- A. Connection of oral health with overall health
 - a. Poor oral health is linked to:
 - i. Heart disease
 - ii. Diabetes
 - iii. Respiratory issues
 - iv. Complications during pregnancy
 - v. Alzheimer's
 - b. Infection and gum disease can be increased by:
 - i. Stress
 - ii. Poor nutrition
 - iii. Increase in hormones
 - iv. Diabetes
 - c. Infections in mouth can spread to other parts of the body
 - d. Side effects of medications
 - i. Dry mouth
 - e. Oral cancer can spread if not treated early
 - f. Clenching and grinding teeth
 - i. Jaw pain
 - ii. Tooth sensitivity
- B. Stay healthy
 - a. Practice a good oral health routine
 - i. Floss
 - ii. Brush
 - iii. Visit dentist regularly
 - b. Eat nutritious foods
 - c. Ask your doctor the side effects of medications
 - d. Discuss jaw pain with your dentist
- C. Handouts
 - i. ["Care of Teeth"](#) by the National Center for Farmworker Health

Module 4: The Connection Between Oral Health and Overall Health

- **Key messages:**

- **How is oral health connected to overall health?**

- Poor oral health is linked to heart disease, diabetes, respiratory issues, complications during pregnancy, and Alzheimer's.
- Stress, poor nutrition, increase in hormones, and diabetes can increase chance of infection and gum disease.
- Infections from bacteria in the mouth can spread to other parts of the body. For example, an infection in the mouth can cause bacteria to travel into the bloodstream and go to the heart.
- Several medications have side effects such as dry mouth, bleeding and swelling of the gums, altering taste, bone loss, and soft tissue reactions that affect oral health.
- Oral cancer can spread to other parts of the body if not detected and treated early.
- Clenching and grinding teeth is associated with jaw pain, tooth sensitivity, and wearing of teeth.

- **What can you do to stay healthy?**

- Practice a good oral health routine: Floss daily, brush at a minimum of twice a day for two minutes, and visit the dentist regularly.
- Regular visits to the dentist should include a cleaning that will remove bacteria and reduce the chance for an infection. This visit will also include a screening for oral cancer.
- Eat nutritious foods to reduce chance of poor nutrition and infection.
- Ask your doctor if any of your medications have oral health side effects. They can recommend aids to reduce side effects, such as a mouth rinse for dry mouth.
- Discuss any jaw pain with dentist. If needed, they can create a night guard to reduce clenching and grinding of teeth.

- **Activity Ideas:**

- **Discussion Questions**

- How can an infection in the mouth travel to other parts of the body? [Bacteria moves through the bloodstream.]
- Poor oral health can be linked to what health issues? [heart disease, diabetes, Alzheimer's, respiratory issues, complications during pregnancy]
- Regular dental visits and cleanings are key to good oral health. Do you know where you can go for oral health services [Regular dental cleanings reduce bacteria in the mouth, minimizing the chance of infections.]
- How is oral health connected to overall health? [Oral health plays a part in overall health of a person. Infections in the mouth can travel in the body and from person to person]

Module 5 Outline: Nutrition and Sugar-Sweetened Beverages

- A. Foods that keep teeth healthy
 - a. Well-balanced diet
 - i. 5 food groups (MyPlate)
 - b. Vegetables and plain nuts help clean teeth
 - c. Calcium strengthens teeth
 - d. Only healthy foods between meals
 - i. Snacking on unhealthy foods cause teeth decay
 - e. Avoid sugary and sticky foods
 - f. Xylitol gum

- B. Drinks that keep our teeth healthy
 - a. Fluoridated tap water
 - b. Sugary drinks cause teeth decay
 - c. Drink water throughout the day
 - i. Sugary drinks only with meals

- C. Handouts
 - a. [“Care of Teeth”](#) by the National Center for Farmworker Health
 - b. [“Tips for Healthy Teeth”](#) by American Dental Association Foundation- Give Kids A Smile
 - c. [“Choose health. Drink Water”](#) by Rethink Your Drink
 - d. [“Soda Nutrition Facts Poster”](#) by Rethink Your Drink
 - e. [“MyPlate, MyWins”](#) by United States Department of Agriculture
 - f. [“Sugar Bites”](#) by First 5 Contra Costa

Module 5: Nutrition and Sugar-Sweetened Beverages

- **Key messages:**

- **What foods keep our teeth healthy?**

- Eat a well-balanced diet that includes the 5 food groups: fruits, vegetables, low-fat/fat-free dairy, lean proteins, and whole grains.
- Chewing on healthy foods like vegetables and plain nuts help clean teeth and make great snacks.
- Dairy, like cheese and milk, have calcium that strengthens teeth.
- It is best to snack on healthy foods between meals. Snacking on unhealthy foods, like crackers, chips and candy, that stick to the teeth can cause tooth decay.
- Avoid sugary and sticky foods, like candy and cookies, which can cause tooth decay.
- Chewing on sugar-free xylitol gum can prevent tooth decay.

- **What drinks keep our teeth healthy?**

- Sugary drinks such as soda, energy and sports drinks, juice, and special coffee drinks stick on our teeth and cause tooth decay.
- Drink water throughout the day, a sugary drink should only be consumed with a meal, so it does not stick on the teeth.
- Drinking fluoridated tap water strengthens our teeth.

- **Activity Ideas:**

- **Activity**
 - Demonstration of sugar content in drinks on poster board [“Choose health. Drink Water” and “Soda Nutrition Facts” handouts by Rethink Your Drink].
- **Discussion Questions**
 - What foods do you snack on throughout the day? Are there healthy alternatives to your snacks? [Healthy snacks are fruits, vegetables, cheese, plain nuts.]
 - What drinks do you drink throughout the day? [Drinking water throughout the day, and not sugary drinks, will keep teeth healthy.]
 - Make drinking water fun and tasty by adding cut up fruits, vegetables and/or herbs. What can you add to your water for flavor?

Module 6 Outline: The Effects of Tobacco on Oral Health

- A. Tobacco effects on oral health
 - a. Smoking and chewing tobacco products increases chance of
 - i. Tooth decay
 - ii. Gum disease
 - iii. Tooth and bone loss
 - iv. Oral cancer
 - v. Dry mouth

- B. If you use tobacco products
 - a. Inform your doctor
 - i. Resources to quit
 - b. Check for signs of oral cancer
 - i. Visit the dentist
 - c. Local quit resources

- C. Handouts
 - a. [“Care of Teeth”](#) by the National Center for Farmworker Health
 - b. [“How quitting smoking can improve oral health over time”](#) by United Concordia Dental
 - c. [“A tip from a former smoker - Felicita’s tip”](#) by Centers for Disease Control and Prevention
 - d. [“A tip from a former smoker - Felicita’s poster”](#) by Centers for Disease Control and Prevention
 - e. VCPH Call it Quits business cards

Module 6: The Effects of Tobacco on Oral Health

- **Key messages:**

How does using tobacco products affect oral health?

- Smoking and chewing tobacco products increases the risk for tooth decay, gum disease, tooth loss, bone loss, and oral cancer.
- Smoking causes dry mouth, which can increase the risk for decay.
- Smoking can cause irreversible bone loss. Once bone is lost around a tooth, there is nothing left to support the tooth and it will become loose and/or fall out.
- Chewing tobacco is associated with oral cancer. Oral cancer can spread to other parts of the body.
- Chewing tobacco causes a loss of gum tissue around a tooth, which causes tooth root exposure and increases the susceptibility to tooth decay.
- Tobacco exposure interferes with the ability for gum tissue to heal following a dental procedure such as a tooth extraction and cleaning.
- Tobacco products include cigarettes, cigars, electric cigarettes (e-cigarettes, vape pen), and smokeless tobacco (snuff and chew).

What should you do if you use tobacco products?

- Tell your medical and dental professionals of your tobacco use. They can provide helpful resources on how to quit.
- Ask your dental professional to check for any signs of oral cancer.
- Ventura County Public Health offers free “*Call It Quits*” Stop Smoking Classes throughout Ventura County. For more information call 805-201-7867 or email callitquits@ventura.org

- **Activity Ideas:**

- **Activity**
 - Provide tobacco cessation resources.
 - Post Call It Quits flyer.
- **Discussion Questions**
 - Does using tobacco affect oral health? [Yes, increase risk of decay, gum disease, oral cancer.]
 - Name different tobacco products.

Module 7 Outline: Fluoridated Water

- A. Fluoridated water
 - a. Fluoride
 - i. Natural mineral
 - ii. Naturally found in most water systems
 - b. Fluoride benefits
 - i. Strengthens teeth
 - ii. Weakens bacteria to prevent decay

- B. Fluoridated water is safe
 - a. Helps children to strengthen developing teeth

- C. Where can you drink fluoridated water?
 - a. Tap water
 - b. Bottle water
 - i. Check label on water bottle to see if it has fluoride
 - c. Some filtrations systems remove fluoride

- D. Handouts
 - a. [“Care of Teeth”](#) by the National Center for Farmworker Health
 - b. [“Common Questions about Fluoride”](#) by the American Academy of Pediatrics, Campaign for Dental Health
 - c. [“Strengthen your body: one glass at a time”](#) by the American Academy of Pediatrics, Campaign for Dental Health

Module 7: Fluoridated Water

- **Key messages:**

- **What is fluoridated water?**

- Fluoride is a naturally occurring mineral found in all water sources (surface water, well water/ground water and ocean water).
 - Fluoride helps strengthen teeth and weaken bacteria to prevent decay in children and adults.
 - Water fluoridation is the adjustment of the amount of natural fluoride in the community water supply to the recommended level needed to improve oral health and reduce dental caries (cavities).
 - The U.S. Department of Health and Human Services Agency (HHS) establishes the recommendation of fluoride content in water, which is currently at 0.7mg/L (parts per million) for optimal dental health.

- **Is fluoridated water safe?**

- Fluoridated water is safe and beneficial to consume at any age. It is most beneficial for children to drink fluoridated water to strengthen developing teeth.

- **Where can you drink fluoridated water?**

- Most tap water is fluoridated. California Water Boards has a listing of public water systems that serve water with the optimal amount of fluoride. If you are served by a private company, you can contact them for more information.
 - Most bottled water is not fluoridated, but some bottled water contains added fluoride. Check the label of your water bottle to see if it has fluoride.
 - Water filtration systems can remove fluoride from water. Check with the supplier of your filtration system to see if fluoride is removed during filtration.

- **Activity Ideas:**

- **Activity**

- Sample Flavored Water: Fill pitcher halfway with ice; add fruits, vegetables and/or herbs and fill with water. Chill for at least 20 minutes before serving. Store in refrigerator and drink within 24 hours. Experiment with different ingredients or search the internet for flavored water ideas.

- **Discussion Questions:**

- What type of water do you drink (bottled, tap, filtered)? Does it contain fluoride? [Unless specified on the label, only tap water contains fluoride]
 - Why is drinking water with fluoride beneficial? [Makes teeth stronger, weakens bacteria]
 - How can you make drinking water fun? Add fruits, vegetables and/or herbs for flavor.

Module 8 Outline: Oral Health During Pregnancy

- A. Pregnancy effects on oral health
 - a. Hormonal changes
 - i. Gum swelling
 - ii. Sensitivity
 - b. Increased snacking
 - i. Decay
 - c. Vomiting
 - i. Acid on teeth
 - ii. Don't brush, just rinse with water
 - d. Pregnancy and gum disease
 - i. Increases risk of pre-term birth
 - ii. Low birth weight baby
 - e. Baby teeth begin forming in the womb
 - f. Cavity-causing bacteria
 - i. Transfers from mother to infant
- B. Safe to visit dentist
 - a. Recommended
 - i. Regular dental care
 - ii. Cleanings
 - iii. Fillings
 - b. Pregnant woman
 - i. Increased risk of gum disease and tooth decay
 - ii. Visit dentist to reduce risk of negative birth outcome
- C. Prevention during pregnancy:
 - a. Practice a good oral health routine
 - i. Floss
 - ii. Brush
 - iii. Visit dentist regularly
 - b. Morning sickness
 - i. Rinse with water instead of brushing
 - ii. Xylitol gum
- D. Handouts
 - a. [“Dental Care During Pregnancy is Safe and Important”](#) by American Academy of Pediatrics, Children’s Dental Health Project
 - b. [“Questions moms are asking about oral health”](#) by American Academy of Pediatrics, Tiny Teeth campaign
 - c. [“Cavity Keep Away”](#) by California Dental Association Foundation
 - d. [“MyPlate, MyWins”](#) by United States Department of Agriculture

Module 8: Oral Health During Pregnancy

- **Key messages:**

How does pregnancy affect oral health?

- Hormonal changes during pregnancy can cause gum swelling and sensitivity.
- A change in diet, especially increased snacking, can cause tooth decay.
- Vomiting from morning sickness leaves acid on the teeth. Women should not brush after vomiting, but rinse with water (1 teaspoon of baking soda to 8 ounces of water can be added) to neutralize the acidity.
- Pregnant women with gum disease are at risk of pre-term birth or a low birth weight baby.
- Baby teeth begin forming in the womb, so it is important to be healthy during pregnancy to ensure healthy tooth formation.
- Increased levels of cavity-causing bacteria in a mother can lead to increased levels of bacteria in their infant.

Is it safe to visit the dentist during pregnancy?

- Regular dental care, including cleanings and fillings, are safe and recommended at any stage during pregnancy.
- Pregnant women are at an increased risk for gum disease and tooth decay, so it is important to visit the dentist to reduce the risk of negative birth outcomes and decrease the chance of infant tooth decay.

How can you prevent oral health issues during pregnancy?

- Practice a good oral health routine: Floss daily, brush, at least, twice a day for two minutes, and visit the dentist regularly.
- If you experience morning sickness, rinse with water after vomiting instead of brushing teeth to avoid tooth damage.
- Chew sugar-free xylitol gum to reduce bacteria and prevent tooth decay.
- Eat Healthy by including fruits, vegetables, low-fat/fat-free dairy, lean proteins and whole grains. When snacking, choose healthy options such as fruits, vegetables and nuts.
- Stay hydrated by drinking plenty of water.

- **Activity Ideas:**

- **Activity**
 - Review the handout “MyPlate, My Wins: Make it yours” and share ideas on building a healthy plate. Share or sample a healthy recipe or host a healthy potluck.
- **Discussion Questions:**
 - Should you visit the dentist during pregnancy? [Yes, poor oral health can have negative birth outcomes and increase the risk of decay in your infant.]
 - If you have morning sickness, what should you do after vomiting to make sure your teeth stay healthy? [Rinse with water, do not brush until a while after

rinsing with water. You can also add 1 teaspoon of baking soda to 8 ounces of water for added protection. chew sugar-free xylitol gum

Module 9 Outline: Children's Oral Health

Part 1.

Key Messages for Parents

- A. First visit to the dentist
 - a. First tooth, First birthday
 - b. Getting familiar with dental office and staff

- B. Baby teeth are important
 - a. Hold place for adult teeth
 - b. Decay in baby teeth can lead to decay in adult teeth

- C. Care for child's teeth
 - a. Care for your own teeth
 - i. Floss daily
 - ii. Brush twice a day
 - iii. Visit dentist
 - b. Bacteria can transfer
 - c. Follow a good oral health routine
 - d. Nighttime routine *Brush Book Bed*

- D. Young children
 - a. Bottles or sippy cup with water only
 - b. Breast milk has sugar
 - c. Wipe gums
 - d. Don't share utensils
 - e. Starting brushing when first tooth comes out
 - i. Twice a day
 - ii. Small smear/Rice size of fluoride toothpaste
 - f. Visit the dentist regularly
 - i. Fluoride varnish

- E. Children
 - a. Floss daily and Brush twice a day
 - i. Floss daily
 - ii. Brush twice a day
 - iii. Pea sized amount of fluoride toothpaste (begin at age 3)
 - b. Regular dentist visit
 - i. Fluoride varnish
 - ii. Sealants
 - c. Avoid sugary/sticky foods and drinks

Part 2.**Key Messages for Children**

- A. Importance of teeth
 - a. Eat, bite, chew
 - b. Healthy mouth, healthy body
 - c. Mouth entry way for foods

- B. Keep teeth healthy and strong
 - a. Floss daily Brush twice for 2 minutes
 - i. C-Shape
 - b. Brush twice a day for 2 minutes
 - i. Circular motion
 - c. Visit dentist
 - i. What will happen during visit to the dentist
 - d. Drink tap water
 - e. Avoid sometimes foods

- C. Handouts for Part 1 & 2
 - a. [“Tips for Healthy Teeth”](#) by American Dental Association Foundation- Give Kids A Smile
 - b. [“Tiny Smiles”](#) by American Dental Association in partnership with Scholastic
 - c. [“Milestones for mini mouths”](#) by American Academy of Pediatrics
 - d. [“Healthy Teeth Begin at birth”](#) by California Dental Association Foundation and 12345 First Smiles
 - e. [“Froom Drool to School”](#) by Delta Dental
 - f. [“Brush, Book, Bed”](#) by American Academy of Pediatrics
 - g. [“Dental Sealants: Seal Out Tooth Decay”](#) by North Carolina Department of Health and Human Services, Oral Health
 - h. [“What is fluoride varnish?”](#) by Healthy Teeth Healthy Children & American Academy of Pediatrics
 - i. [“Fluoride: Cavity Fighter”](#) by American Academy of Pediatrics, Campaign for Dental Health
 - j. [“Why Do Children Need Fluoride”](#) by American Academy of Pediatrics, Campaign for Dental Health
 - k. [“VCOHP Brush & Floss Chart”](#) by Ventura County Oral Health Program

Module 9: Children’s Oral Health

Part 1.

- **Key Messages to Parents:**

When should you take your child to their first dental visit?

- A child’s first dental visit should happen when the first tooth appears or on their first birthday.
- Why so early? As soon as a baby has teeth, he or she can get cavities. Also, by starting an early oral health routine, that includes dental check-ups, can help a child to be familiar with a dental setting and allow the dental staff to examine a child’s mouth. Remember: First Tooth, First Birthday

Why are baby teeth important?

- Teeth are needed to eat, bite, chew, talk, smile, sing.
- It is important to take care of your child’s baby teeth because they hold the place for the adult teeth, also known as permanent teeth. If a baby’s tooth comes out too early, due to decay or an accident, their permanent teeth can erupt prematurely and come in crooked because of limited space. It is also important to keep baby teeth healthy and cavity-free because bacteria can transfer from baby teeth to permanent teeth.

How to care for your child’s teeth:

- The first step in caring for your child’s teeth is caring for your own teeth!
 - If you have active tooth decay, the bacteria can transfer from you to your child.
 - Follow a good oral health routine by flossing every day and brushing twice a day, as well as visiting the dentist regularly, to keep a healthy mouth for you and your child.
 - Brush, Book, Bed-Kids Love routines! Develop a healthy nighttime routine by starting at the same time every night, 30 minutes before bedtime so that you have enough time to help your child brush their teeth, read together and go to sleep.
- Young Children:
 - Do not put your baby to bed with a bottle or sippy cup with anything but water. Milk, even breast milk, contains sugars and can cause decay when left on the teeth at night.
 - Before your baby’s teeth erupt, wipe the gums with a clean damp washcloth after each feeding.
 - Babies are not born with streptococcus mutans, the bacteria that cause dental decay. This bacteria can be transferred from person to person and you should refrain from sharing toothbrushes, eating utensils, cleaning a pacifier with your saliva, kissing a baby on the mouth and/or blowing on food to cool it down.

- Once the first tooth erupts, begin brushing your child’s teeth twice a day, for two minutes, with a rice-size portion (smear) of fluoridated toothpaste on a small head sized toothbrush.
 - As soon as two teeth erupt side-by-side begin flossing daily.
 - It is most beneficial for children to drink fluoridated water to strengthen developing teeth. Visit the dentist regularly. Currently it is recommended so have a dental check-up every six months.
 - The dentist may recommend applying fluoride varnish, which is a coating that can be painted on your child’s teeth to prevent tooth decay. This may also be offered by your child’s medical provider.
 - Children:
 - Continue helping your child floss once a day and brush, at least, twice a day, for two minutes, until age 8. After age 3, use a pea-sized amount of fluoridated toothpaste on a small-head sized toothbrush.
 - Continue regular dental visits and fluoride varnish applications. To strengthen and protect teeth, a dentist may also recommend sealants.
 - Sealants is a plastic-like coating that is put on to cover the biting surfaces (the top) of your child’s molars to protect them from cavity-causing bacteria. Sealants can last up to ten years with proper care, such as good oral hygiene and healthy eating.
 - Refrain from giving your child sugary/sticky foods and drinks like candy, cookies, chips, juice, and soda. Healthy alternatives that are good for the teeth are fruits, vegetables, cheese, milk, and water.
- **Activity Ideas:**
 - **Discussion Questions for Parents**
 - Do you and your children have dentist? If not, do you know where to find one?
 - Have you been helping your child floss and brush their teeth and teaching him/her how?
 - Does your child see you brushing your teeth?
 - How often does your child snack? What do they typically snack on?

Part 2.

- **Key messages to Children:**
Why are teeth important?
 - Teeth are needed to eat, bite, chew, talk, smile, sing.
 - The mouth is connected to the rest of the body. It is important to have a healthy mouth so you can have a healthy body!
 - The mouth is the entry way for nutritious foods. It is important for our teeth to be healthy and strong so we can eat nutritious foods.

How can you keep your teeth healthy and strong?

- Floss daily to clean in between the teeth. Glide floss string between teeth and hug each side of the tooth (moving in a “C-Shape”) to remove the sticky film. Floss sticks work too!
- Brush, at least, twice a day for two minutes. Brush in circular motion.
- Visit the dentist regularly.
- Drink tap water.
- Avoid “sometimes” foods!
- Fluoride varnish and/or sealants help protect teeth from decay and can be applied by the dentist at your next dental visit

What are “sometimes” foods and “anytime” food?

- “Sometimes” foods: Anything sticky and sugary such as cookies, candy, chips, juice and soda. These foods can stick on the teeth and cause a cavity.
- “Anytime” food: Fruits, vegetables, lean protein, whole grains, cheese, water, milk. These foods can help clean teeth and prevent cavities!

What will happen during a visit to the dentist?

- The dentist helps keep your teeth healthy and strong. Here’s what you can expect at a trip to the dentist:
 - When you get to the dentist, you will sit in the waiting room where there might be toys and books to play with until they are ready to bring you to back to the dental room.
 - Once you get to the dental room, the dental helper (hygienist or dental assistant) will ask you to sit in the big chair. After you sit in the big chair, the helper will put a bib on you so you do not get your shirt dirty from toothpaste. After you are ready to go, the chair will slowly lay back.
 - When the dentist comes in, they will have a mask and gloves on so they do not get dirty. They might also have funny glasses to help them see. Above the chair will be a large light so they can see in your mouth.
 - The dentist will start with using a mirror and a tooth counter to look at and count your teeth.
 - After counting your teeth, the dentist or dental helper may clean your teeth. The dentist uses a power toothbrush, called the “Tooth Tickler”, and toothpaste to remove the sticky film from your teeth. The tooth tickler makes a “bzzz bzzz” sound as it cleans your teeth.
 - The dentist has help from their friends the “Magic Squirt Gun”, who squirts water in your mouth, and “Mr. Thirsty”, who drinks the water, spit, and saliva.
 - At the end of the appointment, the dentist might put fluoride or sealants on your teeth to keep your teeth strong and healthy.

- **Activity Ideas:**
 - **Activity**
 - Demonstration how to brush in a circular motion. [use either a large toothbrush or two fingers].
 - Demonstration how to floss in c-shape. [Idea: You can use large Lego blocks, Play-Doh and ribbon]
 - **Discussion Questions for Children**
 - How can we keep our teeth healthy? [Floss, Brush, visit dentist, fluoride, sealants]
 - Can you show me how you brush your teeth? [Reinforce circular motion]
 - What do you like to eat for snacks?
 - What happens during a visit to the dentist?

Module 10 Outline: Teen's Oral Health

- A. Importance of healthy mouth and teeth
 - a. Healthy mouth = healthy body
 - b. Cavity bacteria is infectious
 - i. Do not share drinks/utensils
 - ii. Passed through kissing
 - c. Smile and breath noticed by other people
 - d. Take care of permanent teeth early

- B. How to take care of teeth
 - a. Floss daily
 - i. C-shaped motion to floss
 - b. Brush twice a day
 - i. Circular motion
 - ii. Pea sized amount of toothpaste
 - c. Visit dentist twice a year
 - d. Good oral hygiene prevents bad breath
 - e. Healthy foods and beverages
 - f. Xylitol gum
 - g. Mouth guards
 - h. Avoid tobacco products

- C. Healthy foods and drinks
 - a. MyPlate
 - b. Limit snacking
 - c. Tap water

- D. Piercings in/around mouth
 - a. Damage to tooth
 - b. Can cause infection

- E. Handouts
 - a. ["Care of Teeth"](#) by the National Center for Farmworker Health
 - b. ["Soda Nutrition Facts Poster"](#) by Rethink Your Drink
 - c. ["Choose health. Drink Water"](#) by Rethink Your Drink

Module 10: Teen's Oral Health

- **Key messages**

Why is it important to have healthy teeth?

- A healthy mouth and teeth are important parts of a healthy body.
- Teeth are needed to eat, bite, chew, talk.
- A smile is usually the first thing noticed by other people. Bad breath may keep people away.
- It is important to start taking good care of permanent teeth early so you can avoid dental problems in the future.
- Infectious bacteria in the mouth can transfer from person to person. This can happen by sharing drinks, utensils, and kissing!

How can you keep your teeth and mouth healthy?

- Floss every day. Wrap floss around tooth in a c-shaped motion to remove food particles and bacteria.
- Brush, at least, twice a day for two minutes with a pea-sized amount of fluoride toothpaste. Brush in a circular motion.
- Visit the dentist twice a year.
- Practice good oral hygiene to prevent bad breath.
- Eat and drink healthy foods and beverages.
- Chew xylitol gum to prevent cavities.
- Wear mouth guards during contact sports.
- Avoid tobacco. Smoking cigarettes, vaping, and chewing tobacco can cause permanent tooth and bone damage and increase chance for oral cancer.

What foods and drinks are healthy for teeth?

- Eat fruits, vegetables, low-fat/fat-free dairy, lean proteins, and whole grains.
- Only have healthy foods between meals. Snacking on unhealthy foods, like crackers and chips, that stick to the teeth can cause tooth decay.
- Avoid sugary and sticky foods, like candy and cookies, which can cause tooth decay.
- Chewing on sugar-free xylitol gum can prevent tooth decay.
- Drinking fluoridated tap water strengthens our teeth. Drink water throughout the day, a sugary drink should only be consumed with a meal so it does not stick on the teeth.
- Sugary drinks such as soda, sports drinks, juice, and special coffee drinks stick on our teeth and cause tooth decay.

How much sugar is in your drink? Check out the Nutrition Facts label for the amount of sugar and number of servings. Calculate the Total Sugar (teaspoons) for each drink: Step 1. Sugar per serving X Number of servings in drink= Grams of Total Sugar. Step 2. Grams of Total Sugar ÷ by 4 gm per teaspoon of sugar = Teaspoons of Total Sugar per drink.

Are mouth piercings safe?

- Lip, tongue, and other piercings in the mouth can cause permanent tooth damage from metal contacting the tooth surface.
 - Piercings also harbor bacteria. A piercing in the mouth can be a site of infection from bacteria.
- **Activity Ideas:**
 - **Activity**
 - Demonstration of how to floss in c-shape motion.
 - Demonstration of how to brush in circular motion.
 - Calculate the total sugar (teaspoons) in different beverages with sample beverage Nutrition Facts labels. You can also ask participants to bring in labels. [“Choose health. Drink water” and “Soda Nutrition Facts Poster” by Rethink Your Drink]
 - **Discussion Questions:**
 - Did you know cavities are infectious? How can you avoid passing cavity-causing bacteria to another person? [Do not share drinks, utensils, etc.]
 - Are mouth piercings safe? [Can cause tooth damage or start infection.]

Module 11 Outline: Adult and Older Adult Oral Health

- A. Importance of healthy mouth and teeth
 - a. Tooth loss
 - i. Cannot eat nutritious foods
 - b. Oral health impacts overall health
 - c. Cavities are infectious

- B. How to keep teeth and mouth healthy
 - a. Floss every day
 - i. C-shape
 - ii. Cannot floss- use interdental aid
 - iii. Floss threader under bridges
 - b. Brush twice a day
 - i. Electric or soft toothbrush
 - ii. Angle toothbrush towards gumline
 - iii. Circular motion
 - c. Visit dentist twice a year
 - d. Xylitol gum
 - e. Avoid tobacco
 - f. Dry mouth
 - i. Use over the counter products
 - g. Soak dentures/partial in cleaner

- C. Connect nutrition and oral health
 - a. Poor nutrition = poor oral health
 - b. Need teeth and well-fitting dentures to eat

- D. Handouts
 - a. [“Care of Teeth”](#) by the National Center for Farmworker Health
 - b. [“MyPlate, MyWins”](#) by United States Department of Agriculture

Module 11: Adult and Older Adult Oral Health

- **Key messages:**

Why does having a healthy mouth and teeth matter?

- Oral health has an impact on overall health.
- It is important to avoid tooth loss so you can continue to eat nutritious foods.
- Infections in the mouth can spread to other parts of the body.
- Cavity bacteria is infectious and can be transferred to your family and friends if you do not practice good oral hygiene routines.
- Tooth loss can affect the way a person speaks and/or feels about themselves.

How can you keep your teeth and mouth healthy?

- Floss every day. Wrap floss around tooth in a c-shape.
 - If you cannot floss, use an interdental cleaner to remove food particles from between teeth. Use a floss threader under bridges.
- Brush, at least, twice a day for two minutes with a soft-bristled or electric toothbrush. Angle the toothbrush towards your gums and move the brush in a circular motion.
 - If you have dexterity issues, use a toothbrush with a large handle or attach a tennis ball to the end of the toothbrush
- Visit the dentist twice a year.
- Chew xylitol gum to prevent cavities.
- Avoid tobacco products.
- If you have dry mouth it may be caused by certain medications, aging issues, illness, tobacco or methamphetamine use. Follow up with your dental provider for proper diagnosis and treatment options which may include prescribed and/or over-the-counter mouth rinses, lozenges, toothpaste, and or changes in diet .
- Cleaning dentures and partials daily is a part of keeping a mouth healthy.
 - Soak dentures and partials every night in a denture cleaner. This will help it retain its shape and keep it from drying out.
 - Brush dentures daily to remove food deposits, plaque, and to help keep them from becoming permanently stained. Using products that are not designed for cleaning dentures can damage dentures.
 - Before placing dentures in your mouth, rinse them thoroughly.
 - Continue to visit your dentist for oral health and denture care.

How are nutrition and oral health connected?

- Poor nutrition can lead to different health issues including tooth loss, gum disease and cavities.
- A full set of teeth and well-fitting dentures will enable you to eat a variety of nutritious foods.

- **Activity Ideas:**
 - **Activity**
 - Healthy eating is important for overall health. Review the My Plate, My Wins handout for ideas on building a healthy plate. Ask participants to bring in healthy recipes, offer healthy dishes to sample or make it a healthy potluck at your next gathering.
 - **Discussion Questions**
 - What foods would be considered sometimes foods and all the time foods? [Sometimes foods include sugary and sticky foods like soda, chips, crackers and juice. All the time foods would include foods from the 5 food groups: fruits, vegetables, dairy, protein and grains].
 - Should you continue to have routine dental check-ups if you have total tooth loss and/or use dentures? [Yes! Routine good oral hygiene practices and dental visits is key in keeping a mouth and overall health healthy.]

Module 12 Outline: Special Needs Oral Health

- A. Oral hygiene tips
 - a. Tie knot in floss or use floss stick
 - b. Toothbrush: Small toothbrush, large handle, electric toothbrush
 - c. Support head
 - d. Flavorless toothpaste

- B. Engaging individual with oral health
 - a. Different colored toothbrushes
 - b. Music
 - c. Time of day
 - d. Rewards

- C. Visiting the dentist
 - a. Explain visit without negative words
 - b. Visit dentist before appointment

- D. Handouts
 - a. [“Care of Teeth”](#) by the National Center for Farmworker Health

Module 12: Special Needs Oral Health

- **Key messages:**

Patients with special needs:

- Individuals with special needs are those who due to physical, medical, developmental or cognitive conditions require special consideration when receiving dental treatment.
- Talk with the dentist before the visit to discuss care and treatment options.

How to practice good oral hygiene with a special need's individuals:

- Tie floss into knot to hold easier or use floss sticks.
- Use a child size toothbrush
 - If individual has the dexterity to brush, choose a large handle toothbrush or attach tennis ball to end of toothbrush. An electric toothbrush may also be helpful.
 - If individual chews on toothbrush, replace sooner than the recommended 3-month interval.
- Support head while brushing. You can either sit down and have the individual's head lay on your lap or have the individual stand facing away from you, resting their head on you.
- Choose toothpaste with no flavor or light flavor.

How to keep individual engaged with oral health routine:

- Have individual pick out several different colored toothbrushes.
- Play music while brushing.
- Choose time of day where individual is most relaxed and receptive.
- Reward good behavior with praise and sticker chart or fun activity. Do not reward with sugary food treat.

Preparing for a visit to the dentist

- Explain what will happen during dental visit using positive words. Avoid words like "hurt", "pain", "drill", etc.
- Take an early trip to the dentist to get individual comfortable with the environment (sounds, smells, etc.)

- **Activity Ideas:**

- **Discussion Questions**

- When discussing with a dental office and/or dental provider about the dental care of a special need's patient, what questions would you ask? [What type of services do they provide? Do they treat adults or children?]

Module 13 Outline: Dental Emergencies

- A. Dental Injury
 - a. Important to visit a dentist or emergency center
 - b. Loose tooth
 - i. Child= can be a sign that adult tooth is coming
 - ii. Adults= gum disease or infection
 - c. Something between teeth
 - i. Use floss to remove
 - d. Bitten tongue or lip
 - i. Clean area
 - ii. Apply pressure with cold wrap or ice wrapped in a cloth
 - e. Broken or chipped tooth
 - i. Rinse mouth, to keep area clean
 - ii. Cold compress on face next to injured tooth
 - iii. Visit a dentist immediately
 - f. Knocked-out tooth
 - i. Rinse tooth with water
 - ii. If it is an adult tooth= try to put it back in place and gently bite down on gauze
 - iii. If tooth does not fit, place in a container with milk
 - iv. Go to dentist immediately
 - g. Possible broken jaw
 - i. Wrap jaw in towel and go to ER
- B. How to prevent a dental injury
 - a. Mouth guards
 - b. Teeth are not tools
 - c. Good oral health routine
- C. Toothache
 - a. Rinse mouth. Floss to remove any food particles
 - b. For swelling, use cold compress
 - c. Go to dentist
 - d. Do not place aspirin next to tooth or gum
- D. Handouts
 - a. [“Care of Teeth”](#) by the National Center for Farmworker Health

Module 13: Dental Emergencies

- **Key messages:**

- What to do during a dental injury:**

- For most dental emergencies, it is important to consult with a dentist right away. This could mean the difference between saving and losing a tooth.
- Loose tooth in a child:
 - Can be the sign of an adult tooth pushing through. Consult with a dentist.
- Loose tooth in an adult:
 - Can be the sign or symptom of trauma, gum disease or infection. Consult with a dentist.
- Something caught between the teeth:
 - Gently remove with floss.
 - Do not try to remove the object with sharp or pointed instruments.
 - If you cannot remove with floss, consult with a dentist.
- Bitten tongue or lip:
 - Clean the area gently with water and apply a cold compress on the area to keep any swelling down.
 - If there is a lot of bleeding or the bleeding does not stop, go to a dentist or a hospital emergency department right away.
- Broken or chipped tooth:
 - Rinse mouth with warm water to keep area clean.
 - Place a cold compress on the face to keep any swelling down.
 - Consult with a dentist.
 - If you find the broken piece of tooth, keep it moist and put it in milk and take it with you to the dentist right away.
- Knocked-out tooth:
 - Primary or Baby Teeth=Do not try and put baby teeth back into the tooth socket. Keep the tooth moist and go to the dentist. Damage to the primary tooth could also harm the permanent (adult) tooth underneath.
 - Permanent or Adults Teeth=Gently try to put the tooth back into the tooth socket. Do not force the tooth into the socket. Care for the Knocked-Out Tooth
 - Find the tooth and pick it up by the crown or biting surface (top) of the tooth. Handle it carefully and try not to touch the root of the tooth.
 - If the tooth is dirty, gently rinse with milk. Do not wipe or brush the tooth which can damage the tooth. Do not remove any attached bits of tissue.
 - Keep the tooth moist at all times. This can be done by placing the tooth in a small cup or bag with milk, putting the tooth in between your cheek and gum, or put the tooth in a small cup with the individual's saliva.
 - Consult with a dentist immediately.
- Possible broken jaw:
 - Apply cold compress to control the swelling.

- Go to your dentist or hospital emergency department immediately.

How to prevent a dental injury:

- Wear a mouth guard when participating in sports or recreational activities.
- Avoid chewing ice, popcorn kernels and hard candy which can crack a tooth.
- Never use teeth as tools. Do not use teeth in activities such as to: open, pull, cut or break items.
- Practice a good oral health routine: Floss daily, brush, at least, twice a day for two minutes, and visit the dentist regularly.

What to do if you have a toothache:

- Rinse mouth with warm water to clean it out.
- Gently floss around tooth to remove any food caught between the teeth.
- If there is swelling, place a cold compress on face to keep swelling down.
- Go to dentist as soon as possible to determine the cause of the toothache. Some treatments for a toothache include filling, crown, root canal, gum treatment, or in severe cases, the tooth may need to be extracted (pulled out).
- Do not place aspirin next to the aching tooth or gum, it may cause harm to the tissue.

• Activity Ideas:

- **Activity**
 - Have participants get into groups and provide them with a dental injury or emergency scenario. Have the groups work together on answering the question “What can the person in this scenario do to handle this dental injury/emergency?”.
- **Discussion Questions**
 - If you had a dental injury/emergency, do you know where to go for treatment? [Name of dentist, hospitals or emergency departments in the area]
 - What if the emergency was after hours? [Call a dental office, they may have an afterhours answering service or treat patient’s afterhours. Contact your insurance provider or nurse line. Go to an emergency center.

Appendix

Handouts

- [“A tip from a former smoker - Felicity’s poster”](#) by Centers for Disease Control and Prevention
- [“A tip from a former smoker - Felicity’s tip”](#) by Centers for Disease Control and Prevention
- [“Brush, Book, Bed”](#) by American Academy of Pediatrics
- [“Care of Teeth”](#) by the National Center for Farmworker Health
- [“Cavity Keep Away”](#) by California Dental Association Foundation
- [“Choose health. Drink Water”](#) by ReThink Your Drink
- [“Common Questions about Fluoride”](#) by the American Academy of Pediatrics, Campaign for Dental Health
- [“Dental Care During Pregnancy is Safe and Important”](#) by American Academy of Pediatrics, Children’s Dental Health Project
- [“Dental Sealants: Seal Out Tooth Decay”](#) by North Carolina Department of Health and Human Services, Oral Health
- [“Fluoride: Cavity Fighter”](#) by American Academy of Pediatrics, Campaign for Dental Health
- [“Froom Drool to School”](#) by Delta Dental
- [“Healthy Teeth Begin at birth”](#) by California Dental Association Foundation
- [“How quitting smoking can improve oral health over time”](#) by United Concordia Dental
- [“Soda Nutrition Facts Poster”](#) by ReThink Your Drink
- [“Milestones for mini mouths”](#) by American Academy of Pediatrics
- [“MyPlate, MyWins”](#) by United States Department of Agriculture
- [“Questions moms are asking about oral health”](#) by American Academy of Pediatrics, Tiny Teeth campaign
- [“Strengthen your body: one glass at a time”](#) by the American Academy of Pediatrics, Campaign for Dental Health
- [“Sugar Bites”](#) by First 5 Contra Costa
- [“Tiny Smiles”](#) by American Dental Association in partnership with Scholastic
- [“Tips for Healthy Teeth”](#) by American Dental Association Foundation- Give Kids A Smile
- [“VCOHP Brush & Floss Chart”](#) by Ventura County Oral Health Program
- VCPH Call it Quits business cards
- [“What is fluoride varnish?”](#) by Healthy Teeth Healthy Children & American Academy of Pediatrics
- [“Why Do Children Need Fluoride”](#) by American Academy of Pediatrics, Campaign for Dental Health

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www.healthychildren.org

www.choosemyplate.gov

www.mouthhealthy.org

www.vchca.org/oralhealth