

DH-000-07, CCNE: Healthy Children, Healthy Smiles

Client-centered nutrition education uses methods like group discussions and hands-on activities to engage participants in learning. This outline starts with a **Snapshot of the Session**, and then includes two parts:

Part 1: Planning the Nutrition Education Session - The first section prompts the nutrition educator to think about the learning objectives, materials, and preparation necessary to carry out the session.

Part 2: Session Outline - The second section outlines the key parts of the session. The nutrition educator uses this outline to lead the session.

Snapshot of Group Session:

CCNE Lesson title: Healthy Children, Healthy Smiles

Developed by: State WIC NE Staff, DSHS Oral Health Branch

Date Developed: 10/2011

Approved by: State WIC NE Staff, DSHS Oral Health Branch

NE Code: DH-000-07

Class Description: This lesson emphasizes the importance of oral health. It uses pictures as an emotion based tool to spark a discussion about various ideas and experiences regarding oral health.

Target Audience: General

Type of Learning Activities: Discussion, hands-on activity

Part 1: Planning the Nutrition Education Session

Lesson: DH-000-07 CCNE: Healthy Children, Healthy Smiles

Item	Notes for Planning the Session
<p>Learning Objective(s) – <i>What will the clients gain from the class?</i></p>	<p>By the end of the session, participants will:</p> <ul style="list-style-type: none"> • Identify factors that cause tooth decay (cavities). • Describe a daily oral health care routine. • Share healthy habits that will help improve their family’s oral health and gain support from peers.
<p>Key Content Points – <i>What key information do the learners need to know to achieve the learning objective(s)? Aim for three main points.</i></p>	<ol style="list-style-type: none"> 1. There are simple steps that can be taken to prevent tooth decay and promote a lifetime of healthy teeth that include: daily oral health care, healthy diet, and regular dental visits. 2. Foods high in calcium and fiber contribute to a healthy smile because they help clean and strengthen the teeth. Foods that are sugary, sticky and chewy tend to stick to teeth and can lead to tooth decay. 3. Children should visit the dentist for the first time by 6 months of age.
<p>Materials – <i>List what you will need for the session (i.e. visual aids, handouts, supplies). Attach supplemental materials.</i></p>	<ul style="list-style-type: none"> • Common Infant and Childhood Problems – Tooth Decay (English) 13-126 English, 13-126a (Spanish) • Photos or packaging of the following foods: <ol style="list-style-type: none"> 1. Lollipop 2. Juice 3. Chips 4. Bread 5. Raisin 6. Chewy granola bar 7. Carrots 8. Yogurt 9. Cheese 10. Water • Photos of: (JPG files attached to lesson) <ol style="list-style-type: none"> 1. Healthy teeth/ white smile 2. Teeth with decay or cavities • White board or flip chart
<p>Resources – <i>Review current</i></p>	<ul style="list-style-type: none"> • www.ada.org American Dental Association

<p>WIC resources or other reliable resources like WIC Works.</p>	<ul style="list-style-type: none"> • http://www.dshs.state.tx.us/dental/default.shtm TX Oral Health Program website • http://www.Texashealthsteps.com Online education provider • http://www.aap.org/healthtopics/oralhealth.cfm American Academy of Pediatrics oral health page • http://www.abcd-dental.org/ Access to Baby and Child Dentistry Program
<p>Class Flow & Set Up – Consider the flow of the session & room set-up. Note any extra preparation that may be needed.</p>	<p>Set up the chairs in a circle or semi-circle to allow for discussion. Leave room for infant carriers and strollers.</p>

Part 2: Session Outline

Lesson: DH-000-07, CCNE: Healthy Children, Healthy Smiles

Item	Notes for Conducting the Session
<p>Introduction: Create a respectful and accepting learning environment by welcoming participants, introducing yourself, reviewing agenda, exploring ground rules, making announcements, etc.</p>	<p>Welcome, my name is _____.</p> <p>Today we are going to discuss the importance of good oral health. Your teeth are important, think about all the things that we need healthy teeth for, eating, speaking, and smiling to name a few! I hope you will share ideas and tips with each other about ways to keep your families smiles happy and healthy.</p>
<p>Icebreaker: Anchor the topic to the participants' lives. Use a question or activity likely to bring out positive but brief comments; Can be done as a group or partners.</p>	<p>Ask the participants to go around the room and introduce themselves and give one reason or example why a healthy smile is important to them.</p>
<p>Activities: For each learning activity, list instructions and include three to five open-ended discussion questions. Keep in mind that activities should enable participants to meet the learning objectives.</p>	<p>Activity 1</p> <p>1. What is tooth decay?</p> <p>Tooth decay often referred to as cavities, happens when a tooth breaks down, loses strength and may become discolored. Germs, sugary foods and drinks, and poor tooth care can lead to tooth decay. Cavities cannot go away by themselves and need to be fixed by the dentist.</p>

Item	Notes for Conducting the Session
	<p>Tooth decay is preventable through daily oral hygiene care.</p> <p>*Next show the photo of a mouth with tooth decay.</p> <p>2. What are some things that may have caused this person to have tooth decay?</p> <p>Write down participant's responses. Possible discussion points include but not limited to:</p> <ul style="list-style-type: none"> • Not visiting dentist regularly. • Not brushing or flossing regularly. • Not cleaning teeth after meals or beverages. • Poor diet, eating too many sugary, chewy or sticky foods. • Sharing utensils, food, or toothbrushes. Using an object that has been in someone else's mouth can spread germs and bacteria to your mouth that cause cavities. <p>3. What are some problems that a person with tooth decay might have?</p> <p>Possible discussion points include but not limited to:</p> <ul style="list-style-type: none"> • Tooth loss, from tooth decay, gum disease, or infection. • Pain, discomfort, and sensitivity in the mouth when teeth and gums are infected and are not taken care of properly. • Poor speech or problems speaking due to loss of teeth or infection. • Problems eating and chewing different food textures. • Embarrassment because of appearance. <p>*Now show the photo of the healthy teeth and nice white smile.</p> <p>4. What steps do you think this person took to have a healthy smile?</p> <p>Write down participants responses. Possible discussion points include but not limited to:</p> <ul style="list-style-type: none"> • Regular visits to dentist. • Good daily oral hygiene routine. • Healthy diet, rich in calcium and fiber. • Support from family members to keep up with good dental hygiene routine. • Replace old toothbrushes every 4-6 months, or after being sick. • Confidence of a nice smile can keep you motivated to maintain good oral health.

Item	Notes for Conducting the Session
	<p data-bbox="581 216 1495 281">5. Would anyone like to share their daily oral health routines and what works best for their families?</p> <p data-bbox="630 327 1373 359">Possible discussion points include but not limited to:</p> <ul data-bbox="691 371 1495 1346" style="list-style-type: none"> <li data-bbox="691 371 1214 403">• Brushing teeth at least twice per day. <li data-bbox="691 411 1463 478">• Brushing for at least 2 minutes. Toothbrushes should be easy to hold and able to reach all teeth. <li data-bbox="691 487 1495 554">• Replace toothbrush every 4-6 months, after you have been sick, or when bristles begin to fall out and become frayed. <li data-bbox="691 562 1484 594">• Wipe infant's gums and teeth daily with a soft, clean cloth. <li data-bbox="691 602 1495 634">• Floss daily to remove food and plaque from between teeth. <li data-bbox="691 642 1474 709">• Weaning from bottle by 1 year of age and weaning from sippy cup, pacifier, and thumb sucking by 2 years of age. <li data-bbox="691 718 1398 785">• Use the correct amount of fluoride toothpaste when brushing, about the size of a pea. <li data-bbox="691 793 1403 861">• Selecting healthy foods and drinks, and limit chewy, sugary, sticky snacks. <li data-bbox="691 869 1446 982">• Not sharing utensils or foods. Using an object that has been in someone else's mouth can spread germs and bacteria to your mouth that cause cavities. <li data-bbox="691 991 1474 1142">• Visiting Dentist during pregnancy. Keeping regular dental appointments during pregnancy reduces risk of pre-term births and low birth weight infants. (Scannapieco et al. 2003) <li data-bbox="691 1150 1495 1264">• Take your infant for their first dental visits in the dental home starting at 6 months of age and then continue to visit dentist for regular check-ups. <li data-bbox="691 1272 1446 1339">• Check your child's teeth daily to look for white or brown spots, which could be the start of a cavity. <p data-bbox="532 1394 699 1425">Activity 2</p> <p data-bbox="532 1438 1507 1589">Have participants choose a food photo or food object/ packaging. Then ask the participants to go around the room and show the food they selected and tell if they think the food can help lead to a healthy smile. Allow participants to share their thoughts about the food.</p> <p data-bbox="532 1631 1507 1816">It is important to remember all foods can fit into a healthy balanced diet. However, foods and drinks that have sugary, sticky, or chewy textures should be offered less often than calcium and fiber rich snacks. Nevertheless, it is a healthy habit to clean the teeth and gums after all meals and snacks!</p> <ul data-bbox="581 1866 1495 1934" style="list-style-type: none"> <li data-bbox="581 1866 1013 1898">• Photos of the following foods: <ol data-bbox="727 1906 1495 1934" style="list-style-type: none"> <li data-bbox="727 1906 1495 1934">1. Lollipop- contains a lot of sugar that can coat the teeth,

Item	Notes for Conducting the Session
	<p>if not cleaned can cause cavities to form.</p> <ol style="list-style-type: none"> 2. Juice- contains a lot of sugar that can coat the teeth, if not cleaned can cause cavities to form. 3. Chips- starchy carbohydrates can get stuck in your teeth and can cause cavities to form. 4. Bread- starchy carbohydrates can get stuck in your teeth and can cause cavities to form. 5. Raisin- sticky foods can cling to teeth causing cavities to form. 6. Chewy granola bar- sticky foods can cling to teeth causing cavities to form. 7. Carrots- crunchy foods do not stick to the teeth and help remove germs. They also stimulate saliva flow, which, next to good home dental care, is your best natural defense against cavities and gum disease. 8. Yogurt- calcium helps build strong teeth and bones. 9. Cheese- calcium in the cheese provides healthy minerals the teeth need to stay strong. 10. Water- or any product that contains fluoride, helps your teeth stay strong and healthy and prevents tooth decay. <p>As we learned, sugary, sticky and chewy foods are more likely to cause tooth decay than crunchy fruits and vegetables, and calcium rich foods. However, no matter what types of foods we eat, it is important to establish a daily oral health routine as a way to prevent tooth decay.</p> <p>1. What are some “healthy smile” snacks you offer your family?</p> <ul style="list-style-type: none"> • Calcium rich foods such as; cheese, yogurt, and cottage cheese. • Fiber rich foods such as; fruits and vegetables.
<p>Review and Evaluations: <i>Invite participants to summarize the key points and share how they will use what they learned in the future. List a question/activity to prompt this. List any community or other resources for clients.</i></p>	<p>Cavities and tooth decay are preventable, what is one healthy habit you can add to your oral health routine that can help prevent tooth decay and keep your family’s smiles nice and healthy?</p> <ol style="list-style-type: none"> 1. Brushing after meals 2. Use the correct amount of toothpaste, the size of a pea. 3. Replace toothbrushes every 4-6 months, after being sick, or if bristles begin to fall out or become frayed. 4. Visit the Dentist regularly for dental check-ups. 5. Children 1st dental visit should start at 6 months of age in the dental home. 6. Limit sugary, chewy, sticky foods.

Item	Notes for Conducting the Session
	7. Enjoy fiber and calcium rich snacks like veggie sticks and cheese. 8. Role model good oral hygiene habits for children. 9. Set timer for 2 minutes while brushing teeth and floss daily. 10. Do not share food, utensils, or toothbrushes.
Personal Review of Session (afterward): Take a few moments to evaluate the class. What will you change?	What went well? What did not go as well? What will you do the same way the next time you give this class?
Supplemental Information – Describe any attachments and include any other needed information.	February is Children’s Dental Health Month. Have a healthy smile Celebration at your clinic!

