Welcome to CCEI116A

This course addresses the importance of early and consistent oral health care for young children from birth to age five. Participants will learn methods for promoting good oral health practices in the classroom as well as in the home.

Objectives:

By taking notes on the handout and successfully answering assessment questions, participants will meet the following objectives as a result of taking this course:

- Identify the characteristics of tooth decay
- Identify the reasons that it is important to pay attention to oral health
- Recognize the connection between bacteria, sugar, and tooth decay
- List the causes of tooth decay and methods to prevent tooth decay
- Identify classroom and home strategies that support oral health

References:

Oral Health

Primary Teeth

Teething

According to the Mayo Clinic, signs and symptoms of teething include:

- 
- 
- 
- 
- 

Do:

- 
- 
- 


Don’t:

- 
- 
- 

Primary teeth have a lifelong impact:

- 
- 
- 
- 

Define **enamel**: 

Define **tooth decay**: 

Decay in primary teeth is serious and may lead to:

- 
- 
- 
- 
- 

**Tooth Decay Statistics**

According to [CDC statistics](https://www.cdc.gov), __________ of children between the ages of 2 and 5 have already had decay in their primary teeth (also called baby teeth).

By the age of 11, approximately __________ of children have experienced tooth decay in their permanent teeth.

According to the CDC, which children are most likely to experience untreated tooth decay?

**Dental Caries**

Define **dental caries**: 

**Dental caries is the most common childhood disease**, and they are characterized by:

-
**The Causes of Tooth Decay**

Define *dental plaque*:

Bacteria + Sugar + Tooth = Decay

Explain how sugar causes tooth decay:

**Check Food Labels**

Why is it important to check food labels?

Explain the phrase *how often is more important than how much* as it relates to tooth decay and sugar:

Why shouldn’t children drink soda?

**Water First**

The American Academy of Pediatrics recommends:

Why should we limit children’s juice consumption?
What are the benefits of drinking water?

Feeding Infants

List 3 tips for promoting oral health in infants:

1.
2.
3.

What about water and infants?

Good Oral Hygiene Habits

Infants’ teeth should be cleaned:

Proper Brushing Technique:

•
•
•

It is essential to:

•
  o
  o
  •
  •
  •
  •
  •

What is fluoride and why is it important?
Additional Steps to Prevent Tooth Decay

The CDC recommends three methods to help diminish the issue of early childhood tooth decay:

- 

- 

- 

Oral Health in the Program

Why is it important for families to be involved?

What are some strategies early care providers can use to help ensure that families understanding the importance of good oral hygiene?

Toothbrush Policies

It is essential to apply the same safety and health procedures to tooth brushing that you use for handling foods, toileting, nose-blowing, and handwashing.

- 

- 

- 

Toothbrushes should be stored in containers that:

- 

- 

According to Caring for Our Children, children should have developmentally appropriate oral hygiene education once they have teeth.

Children 3 years of age or older should learn about:
School-age children should learn about:

- 
- 
- 
- 

Try This!

Oral Hygiene Curriculum Components

Oral health and hygiene should be incorporated into the early childhood curriculum.

Here are some suggestions for advancing good oral hygiene habits in the early childhood environment:

- Set up a play center with props for dental care, including toothbrushes for dolls.
- Read age-appropriate books on brushing teeth, healthy eating, and visiting the dentist. Here is a list of the "Top Books Dentists Recommended for Young Children."
- Schedule field trips to a local dentist, or ask a local dentist or dental hygienist to stop for a visit.
- Show children teeth brushing instructional video, such as this one (duration 3:29).

Parents

The CDC also created these "PEARLS of Wisdom," that you can share with parents:

- P
- E
- A
- R
- L
- S

At-risk groups include:

- 
- 
- 
- 