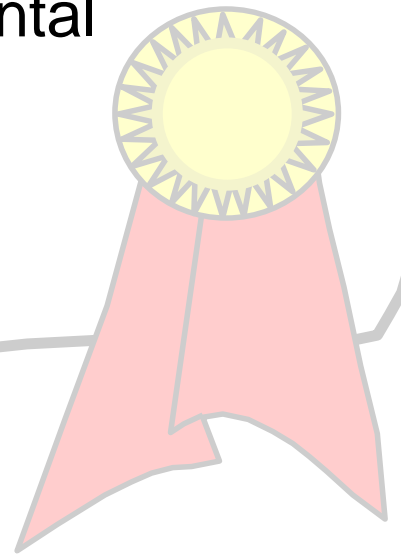


LESSON 1

OVERHEADS

Lesson 1 Objectives:

1. State the purpose and objectives of the training.
2. List the topics that will be covered during the training.
3. Discuss the role of the Lay Health Worker in the community.
4. Describe the importance of dental health.



Training Lessons

Lesson 1: Dental Health: Something to Smile About

Lesson 2: Save your Smile from Tooth Decay

Lesson 3: Maintaining a Healthy Smile for a Lifetime

Lesson 4: Protect your Smile from Gum Disease

Lesson 5: Growing Up with Healthy Smiles

Lesson 6: First Aid for your Smile

Lesson 7: Building Healthy Smiles in your Community

Lay Health Workers:

- Serve the community
- Create trust and support
- Give emotional support
- Build community leaders
- Listen to the needs of those around them
- Inform and educate the community on health issues
- Make sure people get the services they need
- Organize and lead the community
- Motivate the community to make positive changes in their lives

Do NOT:

- Make decisions for others
- Give medical opinions or advice to others regarding their health
- Give incorrect information

Training Objectives

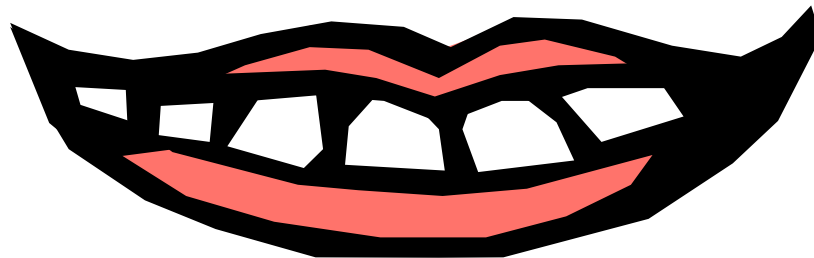
1. Help people talk about and overcome barriers to dental health.
2. Talk about ways to prevent tooth decay and gum disease.
3. Teach people how to properly brush their teeth and floss their gums.
4. Educate parents on how to prevent infants and young children from getting tooth decay.
5. Help people get over their fear of going to the dentist.
6. Know what to do in case of a dental emergency.
7. Use materials from this training to educate and motivate the community to take care of their dental health.

How We Use Our Face and Mouth

The face and mouth are very important in our day-to-day lives.

They allow us to:

- ❖ Speak
- ❖ Smile
- ❖ Sigh
- ❖ Kiss
- ❖ Smell
- ❖ Taste
- ❖ Touch
- ❖ Eat
- ❖ Swallow
- ❖ Cry
- ❖ Talk
- ❖ Sing
- ❖ Laugh
- ❖ Whistle
- ❖ Frown
- ❖ Yawn



DENTAL HEALTH IS IMPORTANT FOR:

- ***General Health***
- ***Self-Confidence and Relating to Others***
- ***Talking***
- ***Healthy Eating***
- ***Fresh Breath***
- ***Concentration at School and Work***

LESSON 1

HANDOUTS

Dental health is important for:

➤ ***General Health***

Infections from a bad tooth can spread to other parts of your body. A healthy mouth keeps your body healthy and without pain.

➤ ***Self-Confidence and Relating to Others***

Healthy teeth that look good help you feel good. Feeling good about yourself helps you work, play and be happy.

➤ ***Talking***

When you speak, your lips and tongue touch the teeth to help you make many sounds.

➤ ***Healthy Eating***

Teeth tear food into small pieces so that it can be swallowed and digested better. Also, choosing healthy foods and snacks, like fresh fruits and vegetables, is good for your dental health.

➤ ***Fresh Breath***

Keeping your mouth clean helps prevent bad breath and makes teeth and gums healthy.

➤ ***Concentration at School and Work***

Tooth pain and problems can affect how well we do our work. Feeling pain and getting sick can distract us and not let us to do our best in school and at work. Each year many people miss a lot of work time because of dental problems and emergency visits to the dentist.

LESSON 2

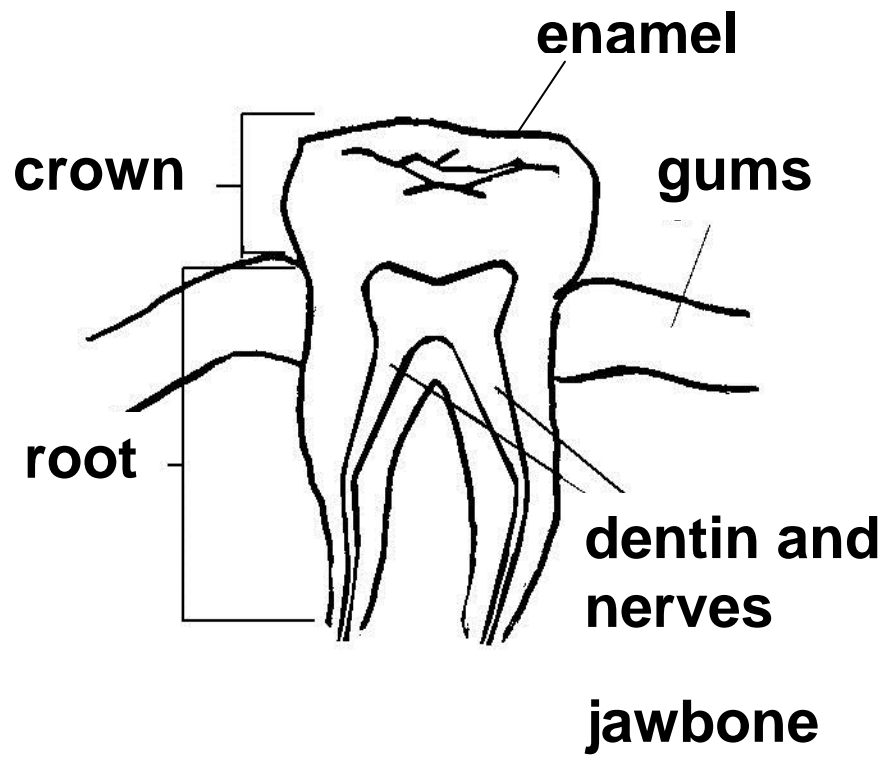
OVERHEADS

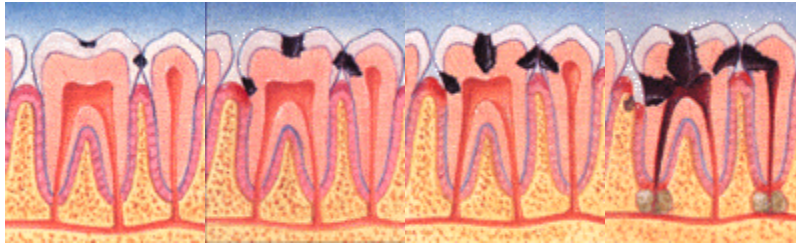
Lesson 2 Objectives:

1. Describe what tooth decay is and how it happens.
2. State the causes and types of tooth decay.
3. List the signs and symptoms of tooth decay.
4. Talk about ways to prevent tooth decay.



OHT 2





Causes of Tooth Decay

Tooth decay is a process that destroys the minerals the tooth is made of and forms a hole in the tooth.

- Germs you cannot see, called bacteria, live in your mouth all the time.
- Some of these bacteria form a sticky film or coating, called plaque, which sticks to the teeth.
- The bacteria use food, like sugars and starches, to make acids.
- The acids in the plaque destroy the enamel on the top of the tooth and form cavities.
- This can cause an infection in the tooth and can spread to other parts of the mouth, face or body.



Signs & Symptoms of Tooth Decay



The first sign of tooth decay is a chalky white spot. As it grows, it can become a dark spot or a hole. This can happen on any part of a tooth or between two teeth.

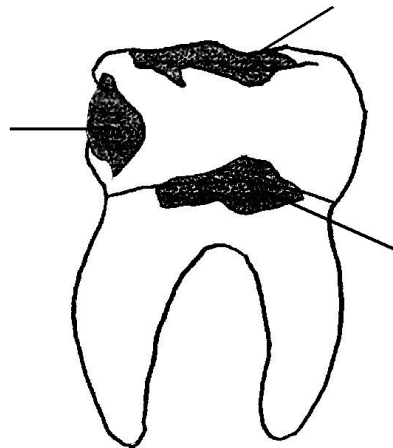
Other signs and symptoms of tooth decay are:

- Sharp, dull or throbbing pain
- Pain when food gets caught inside a hole on the tooth
- Pain when drinking something cold or hot
- Pain when eating something sweet
- Trouble chewing food
- Sensitive or sore teeth
- A bad taste or smell in your mouth
- Swelling in the mouth or the gums next to a tooth
- Swelling that may form a sore with pus
- Swelling of your face

TYPES OF TOOTH DECAY

- ***Baby Bottle Tooth Decay***
- ***Tooth Decay on the Crowns of Teeth***
- ***Tooth Decay on the Roots of Teeth***
- ***Recurrent Tooth Decay***
- ***Tooth Decay from Dry Mouth***

Tooth decay on
side of tooth



Tooth decay on the
biting or chewing
surface of the tooth

Tooth decay
on the root of
the tooth

FLUORIDE

- Fluoride is a mineral that is found in our bodies, mostly in our teeth and bones.
- Fluoride may be found in tap water, toothpaste, and mouthwash.
- Your dentist can also apply fluoride during a dental visit.

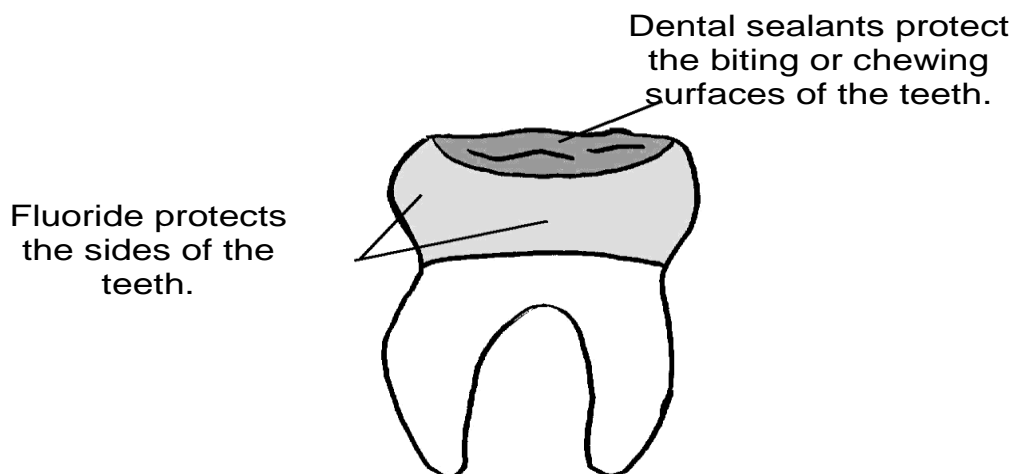
Fluoride:

- Makes teeth stronger.
- Fixes small areas of tooth decay before they become bigger cavities.
- Weakens some germs in the mouth so it is harder for them to cause tooth decay.

Dental Sealants

- Dental sealants are thin, plastic coatings that are painted on the chewing surfaces of the back teeth. They seal the tooth to prevent bacteria from getting in and forming a cavity.
- Dental sealants are painted on the teeth as a liquid. The liquid quickly hardens to help protect the teeth by putting a protective covering over them.

Dental sealants are put on in dental offices, clinics, and sometimes in school dental programs.



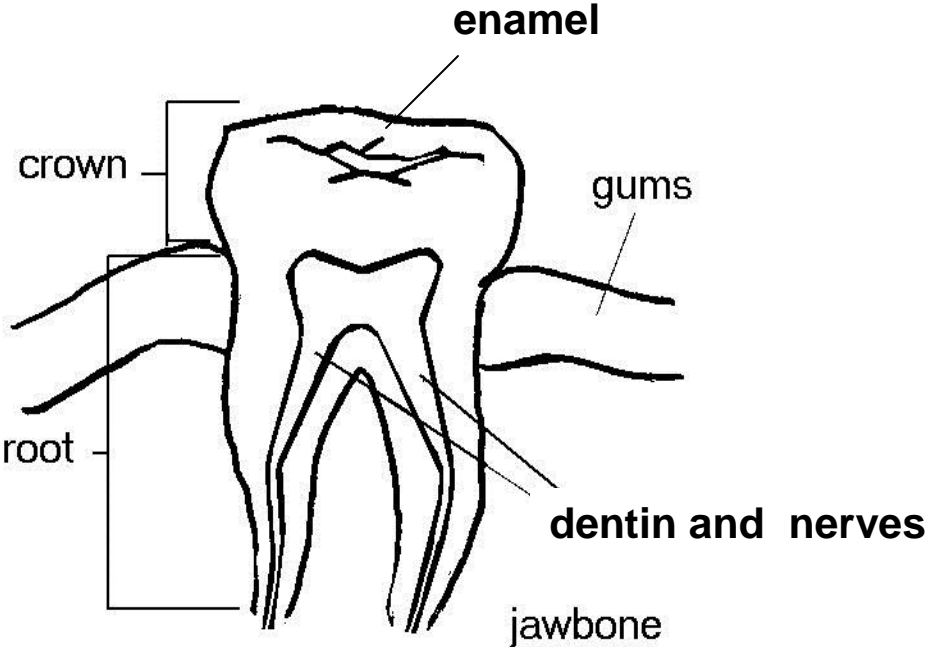


SUMMARY POINTS

- ✓ Tooth decay is a process that destroys the minerals that the tooth is made of and makes a hole in the tooth.
- ✓ Tooth decay is caused by bacteria in plaque, which turn sugars from food into acids. These acids break down the tooth enamel to form a cavity.
- ✓ Tooth decay may form on the crowns or roots of the teeth.
- ✓ Tooth decay starts as a chalky white spot and as it spreads, becomes a dark spot or a hole.
- ✓ Signs of tooth decay may include tooth pain, swelling or sores on the gums.
- ✓ Other signs of tooth decay include bad taste or smell in the mouth, trouble chewing food, or sensitive teeth.
- ✓ Tooth decay may be prevented by drinking tap water with fluoride, brushing with fluoride toothpaste, flossing, getting dental sealants, making healthy food choices, and having regular dental visits, every six months.

LESSON 2

HANDOUTS



Signs & Symptoms of Tooth Decay



A **sign** is something you **see**, like bleeding or swelling, or it can be something you **measure** like temperature.



A **symptom** is something you **feel**, like dizziness, nausea or pain.

The first sign of tooth decay is a chalky white spot. As it grows, it can become a dark spot or a hole. This can happen on any part of a tooth or between two teeth.

Other signs and symptoms of tooth decay are:

- Sharp, dull or throbbing pain
- Pain when food gets caught inside a hole on the tooth
- Pain when drinking something cold or hot
- Pain when eating something sweet
- Trouble chewing food
- Sensitive or sore teeth
- A bad taste or smell in your mouth
- Swelling in the mouth or the gums next to a tooth
- Swelling that may form a sore with pus
- Swelling of your face

Types of Tooth Decay

➤ ***Baby Bottle Tooth Decay***

- Tooth decay in infants and children is called Baby Bottle Tooth Decay.
- It is a dental problem that can destroy the teeth of a young child.
- It happens when the teeth are always in contact with drinks that have sugar, like juice, juice drinks, soda, milk, and formula.
- It often happens in the upper front teeth but any tooth can be affected.

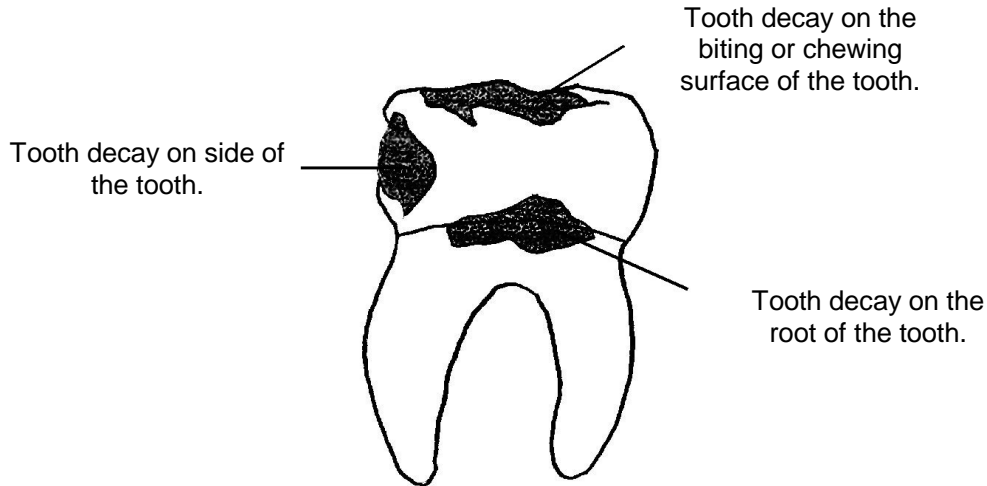
➤ ***Tooth Decay on the Crowns of Teeth***

- The crown is the part of the tooth that is not covered by the gums and can be seen when you look in your mouth.
- Tooth decay often happens on the sides of teeth or in between teeth.
- Tooth decay also happens on the biting, or chewing, surfaces of teeth.
- This type of cavity happens because it is hard for the toothbrush to clean these surfaces well. The acids in plaque that are not removed by the toothbrush destroy the tooth.

➤ ***Tooth Decay on the Roots of Teeth***

- The roots of teeth are found underneath the part of the gums that we can see.
- As a person gets older, their gums may separate from their teeth. This leaves roots of the teeth showing.
- The outer layer of the root is soft. If the gum is not there to protect it, this area is more likely to decay.
- Tooth decay on the crowns of the teeth that is not treated may get worse and spread to the roots of the teeth. The roots can get damaged and may even die. The only way to save the tooth may be a root canal, a procedure that saves the damaged or dead root. Ask your dentist for more information.

H 3 (cont'd)



➤ **Recurrent Decay**

- Recurrent decay is when you have a cavity in the same place more than one time.
- A recurrent cavity can form around areas that already have a filling or areas that have an artificial or replacement crown on them.
- There is more chance for a cavity to form because these areas are not as smooth as the natural tooth. Plaque can easily form on these areas and cause decay.

➤ **Tooth Decay from Dry Mouth**

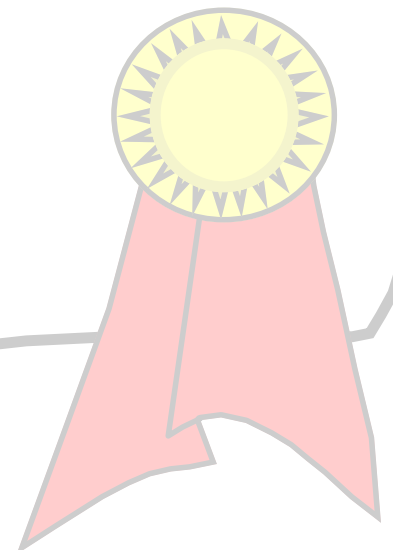
- Dry mouth is when there is not enough saliva in the mouth.
- Saliva is important because it has minerals that help make the teeth strong.
- Saliva also helps wash your teeth and get rid of the acids that cause tooth decay.
- When there is not enough saliva in the mouth to wash the teeth, there is a higher chance of decay.
- Talk to your dentist if you have a dry mouth.

LESSON 3

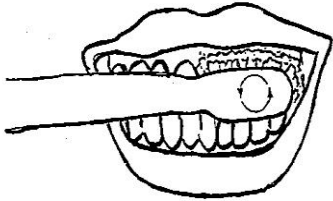
OVERHEADS

Lesson 3 Objectives:

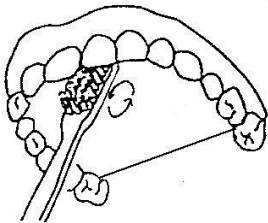
1. Describe the importance of tooth brushing and flossing.
2. List tips for tooth brushing and flossing.
3. Teach children how to brush their teeth properly.



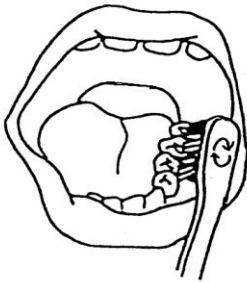
TOOTH BRUSHING TIPS



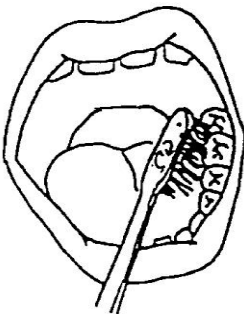
Small circular motions are easy to do and work well.



Use the tip of your toothbrush to brush the inside of your front teeth.



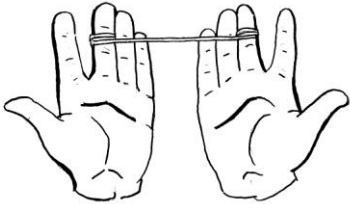
Make sure you reach your back teeth. Clean the tops and sides where the grooves are.



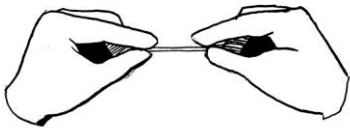
Do not forget to brush the inside of your back teeth. Stretch your toothbrush to reach this area or use the tip of your toothbrush.

Brush your tongue for a fresh feeling.

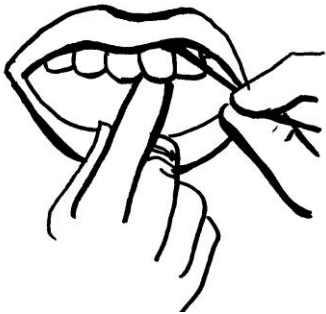
FLOSSING TIPS



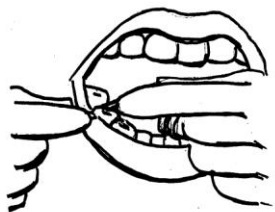
Take a piece of floss and wind it around your middle fingers.



Hold the floss with your thumb and index (pointer) finger.



Gently slide the floss between your teeth. Do not snap it into place—this could harm your gums. Wrap the floss on the side of the tooth and gently slide it into the space between your tooth and gums. Move the floss up and down to rub the side of the tooth.



Floss in between every tooth and the back of the last tooth.

How to Clean Your Child's Teeth and Gums

- Wipe your child's gums with a wet washcloth after feedings.
- When their first teeth appear, gently use a small, extra-soft toothbrush.
- Check your child's mouth for early signs of spots, stains, or sores on your baby's teeth.
- By the time your child is two years old, you should brush their teeth once or twice a day.
- When you are sure that your child will spit and not swallow toothpaste, you should start using fluoride toothpaste.
- Floss your child's teeth where there are two teeth that are touching.





SUMMARY POINTS

- ✓ Cleaning your teeth and gums every day can help you keep your teeth for a lifetime.
- ✓ Plaque is a sticky film or coating of germs that form on the teeth.
- ✓ If plaque is not removed, it can harden and turn into tartar and irritate the gums. Only a dentist can remove tartar.
- ✓ Brushing with fluoride toothpaste and flossing removes plaque and helps prevent tooth decay and gum disease.
- ✓ You should brush your teeth with fluoride toothpaste at least twice a day and floss the gums every day.
- ✓ Help your young children brush their teeth.

LESSON 3

HANDOUTS



Maintaining a Healthy Smile for a Lifetime

Scenario: *Gloria and Juanita are watching their children play when Gloria tells her children it is time to go home.*

Skit:

Juanita: Do you have to go so soon?

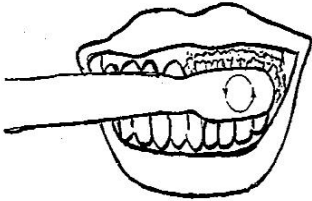
Gloria: Yes, it is time for the children to go to bed. They must have enough time to brush their teeth before they go to bed.

Juanita: Do you always have the children brush their teeth?

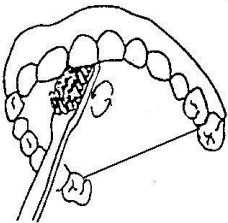
Gloria: Yes. I watch them brush their teeth so that I can help them brush all their teeth and not miss any. I also make sure that I take care of my teeth because I want to keep my teeth for my entire life.

Juanita: Is it possible to keep your teeth for so long?

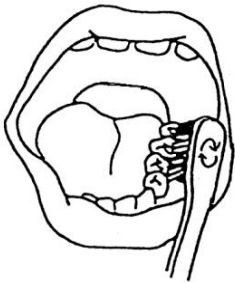
TOOTH BRUSHING TIPS



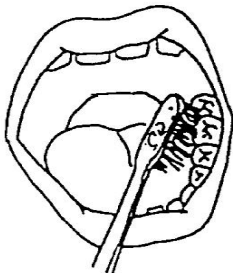
Small circular motions are easy to do and work well.



Use the tip of your toothbrush to brush the inside of your front teeth.



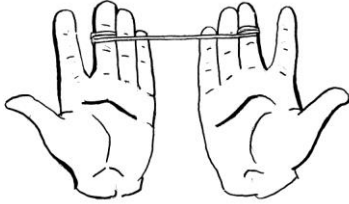
Make sure you reach your back teeth. Clean the tops and sides where the grooves are.



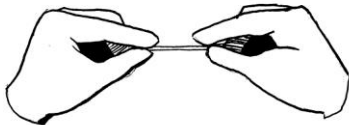
Do not forget to brush the inside of your back teeth. Move your toothbrush to reach this area or use the tip of your toothbrush. Back teeth are harder to reach, so it is important to brush them well.

Brush your tongue for a fresh feeling.

FLOSSING TIPS



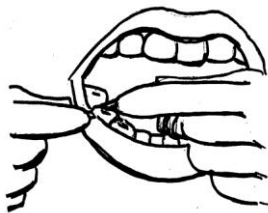
Take a piece of floss and wind it around your middle fingers.



Hold the floss with your thumb and index (pointer) finger.



Gently slide the floss between your teeth. Do not snap it into place—this could harm your gums. Wrap the floss on the side of the tooth and gently slide it into the space between your tooth and gums. Move the floss up and down to rub the side of the tooth.



Floss in between every tooth and the back of the last tooth.

How to Clean Your Child's Teeth and Gums

- Before your child has any teeth, you should wipe their gums with a wet washcloth after feedings.
- When their first teeth show up, gently brush their teeth with a small, extra-soft toothbrush. Replace the toothbrush every three months, or when it is worn or frayed.
- Gently lift your baby's lips and cheeks to check the front teeth. Also, look and check the teeth and gums in the back of their mouth. Check for early signs of spots, stains, or sores on your baby's teeth and gums.
- If you see anything that does not look right, take your child to the dentist right away to have it checked.
- By the time your child is two years old, you should brush their teeth once or twice a day (after breakfast and before bedtime). You can brush your child's teeth by holding them in your arms or holding them on your lap.
- When you are sure that your child will spit and not swallow toothpaste, you should start using fluoride toothpaste. Use only a pea-sized amount of toothpaste. Young children tend to swallow most of the toothpaste. Swallowing too much can cause permanent stains on their teeth.
- Floss your child's teeth where there are two teeth that are touching.

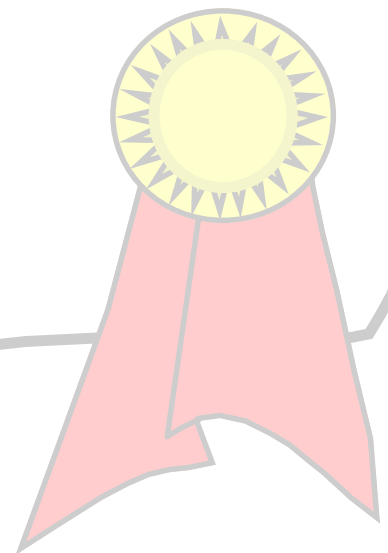


LESSON 4

OVERHEADS

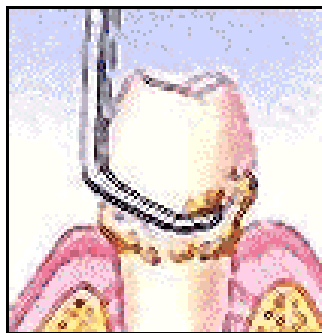
Lesson 4 Objectives:

1. Discuss the importance of healthy gums.
2. List the signs and symptoms of gum disease.
3. List the risk factors of gum disease.
4. Talk about ways to prevent gum disease.



Causes of Gum Disease

- Gum disease is caused by plaque.
- The bacteria in plaque can irritate the gums and damage the bone.
- Plaque can be removed by brushing and flossing. Plaque that is not removed can harden and turn into tartar.
- If tartar stays on your teeth, it will continue to irritate your gums and damage the bone.
- Brushing and flossing cannot remove tartar. Only a dentist can.



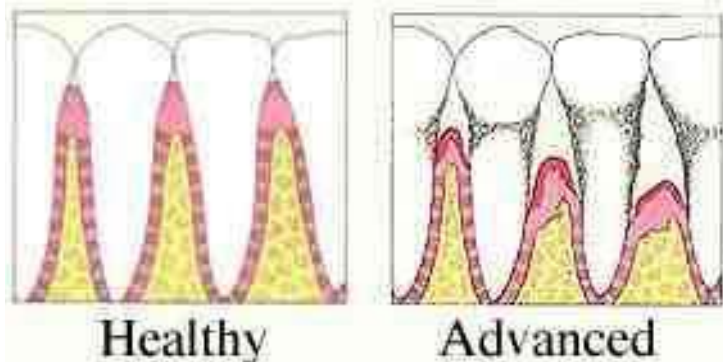
TWO TYPES OF GUM DISEASE

Gingivitis

- When plaque and tartar are on the teeth for a long time they cause your gums to become red, swollen, and bleed easily.
- Can be stopped by brushing and flossing every day as well as by going to the dentist regularly for a cleaning. Does not cause tooth loss.

Periodontal Disease

- When you do not treat gingivitis, it can turn into periodontitis (inflammation around the tooth).
- The gums and bone that hold the teeth can become damaged and loose and if left untreated may have to be removed.



Signs and Symptoms of Gum Disease

- Red, swollen, or tender gums
- Gums that bleed easily when you brush or floss your teeth
- Gums that have pulled away from your teeth and are not tight around your teeth
- Bad breath or bad taste in your mouth that does not go away
- Pus between your teeth and gums
- Adult teeth (one or more) that become loose or change position
- A change in the way your teeth fit together when you bite
- A change in the fit of partial dentures



Do You Have Gum Disease?

Answer the following questions to find out if you may have the symptoms of gum disease.

- | | | | |
|-----|---|-----|----|
| 1. | Do you ever have pain in your mouth? | Yes | No |
| 2. | Do your gums ever bleed when you brush your teeth or when you eat? | Yes | No |
| 3. | Have you noticed any spaces forming between your teeth? | Yes | No |
| 4. | Do your gums ever feel swollen or tender? | Yes | No |
| 5. | Have you noticed that your gums are pulling away from your teeth or your teeth look longer than before? | Yes | No |
| 6. | Do you have bad breath or a bad taste in your mouth that does not go away? | Yes | No |
| 7. | Have you noticed pus between your teeth and gums? | Yes | No |
| 8. | Do you have any teeth that are loose? | Yes | No |
| 9. | Have you noticed any changes in the way your teeth fit together when you bite? | Yes | No |
| 10. | Do you ever develop sores in your mouth? | Yes | No |

If you have answered yes to any of these symptoms, have your teeth and gums checked by a dentist.

Risk Factors

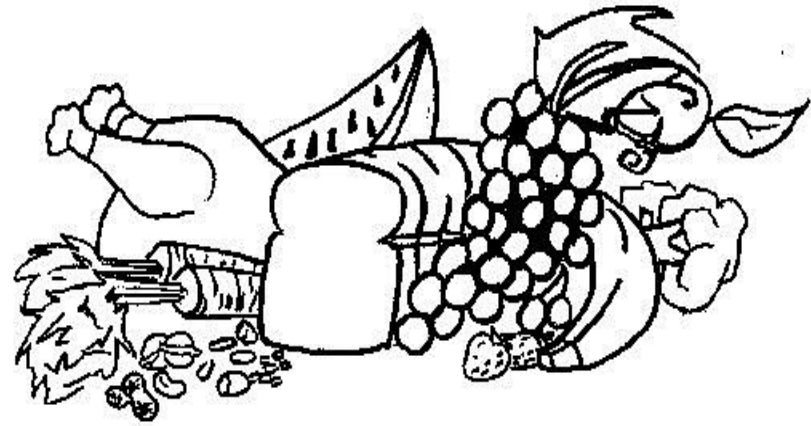
Factors that may cause your gums to have problems are:

- Smoking or tobacco use
- Diabetes
- Genes
- Hormonal changes
- Stress
- Medicines
- Poor nutrition
- Other health problems

**BRUSH AND FLOSS
YOUR TEETH**



**REGULAR DENTAL
VISITS**



EAT A BALANCED DIET



SUMMARY POINTS

- ✓ Your gums are important for holding each tooth in place. They fit tightly around your teeth, and help to keep them strong.
- ✓ Gum disease is an infection of the tissues and bone that hold the teeth.
- ✓ Red, swollen, tender or bleeding gums may be signs of gingivitis, or the beginning of periodontal disease.
- ✓ Loose teeth or teeth that move can be a sign of periodontal disease.
- ✓ The main cause of gum disease is plaque.
- ✓ Other factors such as smoking tobacco or having diabetes may affect your gums.
- ✓ Brushing and flossing carefully everyday helps prevent gum disease.
- ✓ Good nutrition can help prevent infections like gum disease.
- ✓ Regular dental visits are important to find gum disease and treat it in its early stages.

LESSON 4

HANDOUTS

Prevent and Protect Yourself From Gum Disease

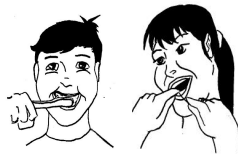
An infection in the gums is called gum disease.

Sometimes people do not realize that they have gum disease because it does not hurt in the early stages.

SIGNS OF GUM DISEASE

- Red, swollen, or tender gums
- Gums that have pulled away from your teeth
- Gums that bleed
- Bad breath or bad taste that does not go away
- Pus between your teeth and gums
- Adult teeth that have become loose or change position
- A change in the way your teeth fit together
- A change in the fit of partial dentures

TO PREVENT GUM DISEASE



Brush and Floss Your Teeth



Have Regular Dental Visits



Eat a Balanced Diet

Do You Have Gum Disease?

Answer the following questions to find out if you may have the symptoms of gum disease.

- | | | | |
|-----|---|-----|----|
| 1. | Do you ever have pain in your mouth? | Yes | No |
| 2. | Do your gums ever bleed when you brush your teeth or when you eat? | Yes | No |
| 3. | Have you noticed any spaces forming between your teeth? | Yes | No |
| 4. | Do your gums ever feel swollen or tender? | Yes | No |
| 5. | Have you noticed that your gums are pulling away from your teeth or your teeth look longer than before? | Yes | No |
| 6. | Do you have bad breath or a bad taste in your mouth that does not go away? | Yes | No |
| 7. | Have you noticed pus between your teeth and gums? | Yes | No |
| 8. | Do you have any teeth that are loose? | Yes | No |
| 9. | Have you noticed any changes in the way your teeth fit together when you bite? | Yes | No |
| 10. | Do you ever develop sores in your mouth? | Yes | No |

If you have answered yes to any of these symptoms, have your teeth and gums checked by a dentist.

Tooth Decay is Preventable

Tooth decay is caused by germs in plaque which mix with sugars from food to form acids. These acids break down the tooth to form a cavity, another word commonly used for tooth decay.

HOW TO PREVENT TOOTH DECAY

Brush your teeth with fluoride toothpaste

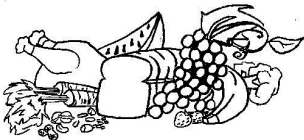


Floss your teeth



Get Dental Sealants

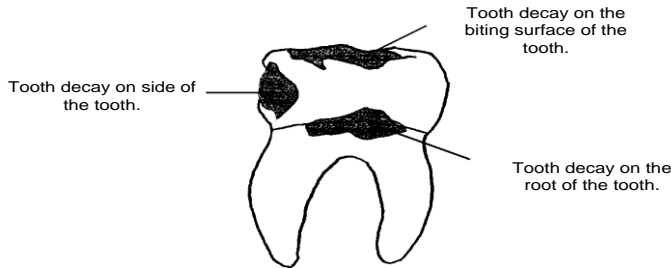
Make healthy food choices



Regular Dental Visits



The first sign of tooth decay is a chalky white spot and as it spreads, it can become a dark spot or a hole.



LESSON 5

OVERHEADS

Lesson 5 Objectives:

1. Discuss the importance of baby teeth for a child's growth and development.
2. Describe what Baby Bottle Tooth Decay is.
3. Identify the causes of Baby Bottle Tooth Decay.
4. List ways to prevent Baby Bottle Tooth Decay.
5. List ways for putting a child to sleep without the bottle.



Why are Baby Teeth Important?

Children need strong healthy teeth:

- To bite and chew food
- To speak clearly
- To smile nicely
- For the child's appearance and self-confidence

Baby teeth also:

- Help form the shape of the face
- Save spaces needed for adult teeth by guiding them into place



Baby Bottle Tooth Decay

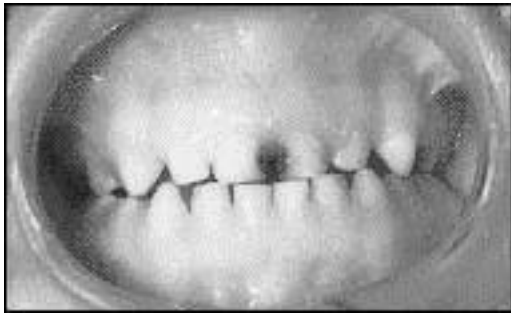
- It often happens in the upper front teeth but it can happen to any tooth.
- The cavity starts as a white spot on the surface of the tooth. At this point, the decay may be stopped or reversed.
- The sooner white spots are found, the sooner the cavity can be stopped.
- If white spots are not stopped, they may become a cavity very quickly.



Healthy Teeth and Tooth Decay



Healthy Teeth



Mild to Moderate Decay



Severe Decay

Causes of Baby Bottle Tooth Decay

- Happens when sugary liquids from a bottle stay on the teeth for a long time, like when your child sucks on a bottle or breastfeeds for a long time, like when they are asleep.
- Any drinks that contain sugar may cause baby bottle tooth decay, like:
 - Fruit juice
 - Juice drinks (Juice and sugar, like Hi-C, Capri Sun, Jumex, etc.)
 - Drinks with added sugar (Kool-Aid)
 - Sweetened tea
 - Soda
 - Milk
 - Infant formula



Preventing Baby Bottle Tooth Decay

- Eat a well-balanced diet when you are pregnant.
- Breastfeeding is the best way to feed your baby.



- Put your child to bed without a bottle at bedtime or naptime.
- At bedtime, fill the bottle with plain water or use a clean pacifier.
- Do not use the bottle as a pacifier during the day.
- Do not dip the pacifier in anything sweet.
- At around the age of six months, begin teaching your child to drink from a cup.
- Close to your child's first birthday, begin to slowly take the bottle away.
- Do not give your child drinks with a lot of sugar.
- Encourage older children to eat low-sugar snacks.



Clean and Check your Baby's Teeth

- Clean your baby's mouth and gums with a clean, wet washcloth after meals. When their first teeth show up, gently use a small, extra-soft toothbrush.
- Gently lift your baby's lips and cheeks to check the front teeth. Also look and check the teeth and gums in the back of their mouth. Check for early signs of spots, stains or sores on your baby's teeth and gums.
- If you see anything that does not look right, take your child to a dentist right away to have it checked.
- Be sure to take your child to the dentist regularly, starting around the first birthday.
- Ask your doctor or dentist if your child is getting enough fluoride each day.

Comforting Your Baby without a Bottle

- ♥ Give them a clean pacifier instead of the bottle.
- ♥ Hold and rock your child.
- ♥ Hold your child in your arms, walk slowly and gently pat their back.
- ♥ Sing to them or play music.
- ♥ Use a musical toy.
- ♥ Give them a favorite blanket or toy.
- ♥ Read to your child.
- ♥ Give them a back rub.



- ♥ Give them a warm bath before bedtime.



SUMMARY POINTS

- ✓ Baby teeth are important for healthy growth and development in infants and young children.
- ✓ Tooth decay can start as soon as baby teeth appear in the mouth.
- ✓ Tooth decay in infants and young children is called Baby Bottle Tooth Decay.
- ✓ Baby Bottle Tooth Decay happens when the baby sucks for a long time on a bottle filled with liquid that has sugar, like juice or milk.
- ✓ Putting your baby to bed or naptime without a bottle can prevent Baby Bottle Tooth Decay.
- ✓ Start to teach your child to drink from a cup around six months and slowly take away the bottle by age one.

LESSON 5

HANDOUTS



Growing up with Healthy Smiles

Scenario: *Carmen and Alicia are sitting in Alicia's living room. Alicia is putting her one-year-old little girl, Rosita, to bed. Carmen notices that she is putting her to sleep with a bottle. The bottle contains milk.*

Skit:

Carmen: Please don't take this question the wrong way, Alicia, but do you always put Rosita to sleep with the bottle?

Alicia: Yes, why do you ask?

Carmen: I used to do the same with my little Andres and he got cavities. His front teeth turned black and got holes in them. I took him to the dentist and I was told that his teeth got like that because I would put him to sleep with the bottle.

Alicia: But the bottle has milk and milk is good for them. Anyways, Andres only has a few teeth.

Carmen: Yes, but teeth can decay as soon as they appear in the mouth. Anything, besides water in the bottle, stays on their teeth and causes what is called baby bottle tooth decay. I just don't want what happened to Andres to happen to Rosita.

Alicia: Can I do something to prevent baby bottle tooth decay?

Preventing Baby Bottle Tooth Decay

- Eat a well-balanced diet when you are pregnant.
- Breastfeeding is the best way to feed your baby.



- Put your child to bed without a bottle at bedtime or naptime.

- If your child must have a bottle to sleep, fill it with plain water or use a clean pacifier.



- Do not use the bottle as a pacifier during the day.
- If your baby uses a pacifier, do not dip it in anything sweet like sugar or honey.
- At around the age of six months begin teaching your child to drink from a cup.
- Close to your child's first birthday, begin to slowly take the bottle away.
- Do not give your child drinks like sodas, Kool-aid, sweetened tea and other sweet drinks.
- Encourage older children to eat low-sugar snacks, like whole fruits, cheese and fresh vegetables instead of cookies and candy.

Growing up with Healthy Smiles



Baby teeth are important for healthy growth and development in toddlers and young children.

Tooth decay in infants and young children is called ***Baby Bottle Tooth Decay***.

Baby Bottle Tooth Decay is caused by plaque.

CAUSES

Sucking on a bottle filled with liquids that have sugar can cause tooth decay in young children. Drinks with sugar, such as:

- juice
- juice drinks
- drinks with added sugar
- sweetened tea
- soda

PREVENTION

- Breastfeeding is the best way to feed your baby.
- If you do not breastfeed, please put your child to bed without a bottle at bedtime or naptime.
- If your child must have a bottle to sleep, fill it with plain water or use a clean pacifier.
- Close to your child's first birthday, begin to wean your child from the bottle.

Tips to Help Make Your Baby Comfortable at Bedtime

Your child may cry or fight when settling down for sleep-time. The following suggestions may help your child feel secure, calm and may help them go to sleep easier, without the bottle.

- ♥ Sing to them or play music.
- ♥ Use a musical toy.
- ♥ Read to your child.
- ♥ Give them a back rub.

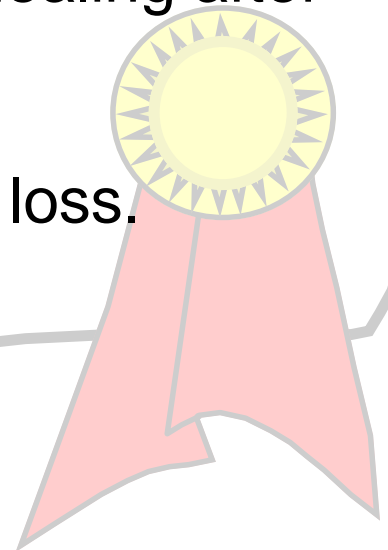


LESSON 6

OVERHEADS

Lesson 6 Objectives:

1. Discuss what to do for certain dental injuries.
2. Identify the causes of a toothache and how to treat it.
3. List possible problems of tooth loss.
4. Describe ways to help with healing after an extraction.
5. Name ways to prevent tooth loss.



DENTAL INJURIES

- ***Loose Tooth***
- ***Something Caught Between the Teeth***
- ***Bitten Tongue or Lip***
- ***Broken or Chipped Tooth***
- ***Knocked-Out Tooth***
- ***Possible Broken Jaw***

TOOTHACHES



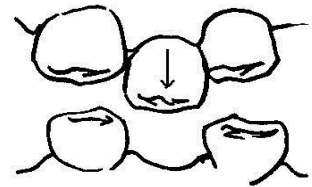
- Rinse your mouth with water to keep the area clean.
- Use a toothbrush or dental floss to gently remove any food that might be caught in the tooth.
- If there is swelling, place a cold cloth on the face next to the sore tooth. (Do not use heat).
- Do not put aspirin on the gums or around the aching tooth.
- Go to a dental office or clinic as soon as possible.
- Sometimes a tooth cannot be saved and it may be necessary to have it taken out. When a tooth is taken out, it is called an extraction.
- An extraction should be the last choice for treatment. Your natural teeth work best.

Possible Problems with Tooth Loss



- If a back tooth is pulled out, back teeth may move into its space. The teeth on each side of the space may begin to move into the space.

- Because there is no tooth to bite on and give pressure, the same tooth in the opposite jaw may grow longer.



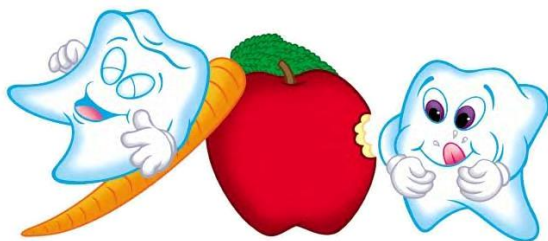
- If teeth move, they may cause problems in chewing food and may change the shape of your face.
- If you do lose teeth, they should be replaced. Teeth and gums work best when you replace a lost tooth.

Healing after a Tooth is Pulled Out

- ***Anesthetic***
- ***Bleeding***
- ***Blood Clot***
- ***Rinsing***
- ***Medicines***
- ***Swelling and Pain***
- ***Food and Drinks***
- ***Brushing and Flossing***

Preventing Tooth Loss

- Drink water with fluoride, if possible.
- Brush your teeth every day with fluoride toothpaste.
- Use other fluoride products.
- Floss your teeth every day.
- See your dentist every six months.
- Remember, you can visit the Migrant Health Center Dental Clinic in your area.
- Get dental sealants to protect the biting surfaces of your teeth.
- Eat a balanced diet with healthy snacks.
- Do not eat a lot of foods that are high in sugar.
- Do not smoke or use other tobacco products.





SUMMARY POINTS

- ✓ Knowing what to do in a dental emergency can make the difference between saving and losing a tooth.
- ✓ If your tooth is injured or has been knocked out, you need to go to a dental office or clinic as soon as possible.
- ✓ The treatment needed for a dental injury will depend on type of injury and how serious it is.
- ✓ Toothaches may be caused by dental injuries, tooth decay, or gum disease.
- ✓ Sometimes, teeth cannot be saved and the tooth may need to be pulled (extracted).
- ✓ Pulling out a tooth should be the last option for treatment. Your natural teeth work best. If possible, always try to save your teeth instead of having them pulled.
- ✓ One possible problem of tooth loss is that other teeth in your mouth may move. This may cause problems in chewing and eating and may change the shape of your face.
- ✓ After a tooth is pulled out you should follow the instructions and directions of your dentist. The extraction area should heal in a few days. If you have long lasting or severe pain, swelling, bleeding, or fever, call your dentist immediately.
- ✓ You can prevent tooth loss by brushing your teeth with fluoride tooth paste, flossing daily, getting dental sealants, eating a balanced diet and having regular dental visits.

LESSON 6

HANDOUTS

DENTAL INJURIES

➤ ***Loose Tooth***

- A loose tooth in a child, ages 5 to 11, may be a sign of an adult tooth pushing the baby tooth out.
- A loose tooth, especially in adults, can be a sign of disease or injury.
- Loose teeth should be checked by a dentist as soon as possible.

➤ ***Something Caught Between the Teeth***

- Try to gently remove something caught between your teeth with dental floss.
- Slide the floss carefully in between the teeth so that you don't cut the gums.
- If you do not have floss, you can try to use a piece of thread.
- Do not use a sharp or pointed object.
- If you cannot remove it, go to a dental office or clinic.

➤ ***Bitten Tongue or Lip***

- Clean the area gently with a cloth.
- Put direct pressure to the injured area. Place a cold cloth or ice wrapped in a cloth on the lip or tongue to keep the swelling down.
- If the bleeding does not stop or the injury is severe, CALL 911 if possible. If not go to a hospital emergency room immediately.

➤ ***Broken or Chipped Tooth***

- Rinse your mouth with water to keep the area clean.
- To keep the swelling down, place a cold cloth or ice wrapped in a cloth on the face next to the injured tooth.
- Go to a dental office or clinic as soon as possible.

DENTAL INJURIES

➤ ***Knocked-Out Tooth***

- Find the tooth and pick it up by the crown, not by the root.
- If the tooth is dirty, gently rinse it with clean water.
 - ❖ **DO NOT** scrub the tooth.
 - ❖ **DO NOT** use soaps or chemicals.
 - ❖ **DO NOT** dry the tooth.
 - ❖ **DO NOT** wrap it in a tissue or cloth.
- Adult tooth: Put the tooth back in its space again and bite down gently on gauze or a wet tea bag to keep the tooth in its place (tooth socket). Be careful not to swallow the tooth.
- If you cannot put the tooth back into its space, put it in a container, cup, or plastic bag and cover it with milk or water.
- Baby tooth: **DO NOT** try to put the baby tooth back into the mouth.
- To help stop any bleeding, bite firmly on a piece of gauze for about 30 minutes. Place new gauze over the area and bite firmly for about another 30 minutes. Keep doing this until the bleeding stops.
- **Go to a dental office or clinic immediately.**

➤ ***Possible Broken Jaw***

- If you think the jaw is broken, wrap the jaw with a towel or a bandana to prevent the jaw from moving.
- CALL 911 or get someone to call if it is possible, if not, go to a hospital emergency room immediately.
- If there is not a hospital nearby, go to the nearest Migrant Health Dental Clinic or get someone to call the *Call for Health Line* at 1-800-377-9968.

TOOTHACHE



What Can You Do for a Toothache?

Use a toothbrush or dental floss to gently remove any food that might be caught in the tooth.



If there is swelling, place a cold cloth or ice wrapped in a cloth on the face next to the sore tooth. (*Do not use heat.*)



Go to a dental office or clinic as soon as possible to find out if the tooth can be fixed or if the tooth needs to be pulled (extracted).

Healing after a Tooth is Pulled Out

Sometimes teeth have to be pulled (extracted) due to an infection (abscess) as a result of tooth decay, gum disease, or an injury.

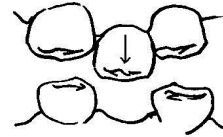
One possible long term problem of tooth loss is that other back teeth in your mouth may move.

POSSIBLE TOOTH EXTRACTION PROBLEMS OR LOSS OF TOOTH

The teeth on each side of the space may begin to tip into the space.



The teeth may grow longer if there is no matching tooth to bite on.



If the teeth move, they may cause problems in chewing food and may change the shape of your face.

HEALING AFTER A TOOTH IS PULLED OUT

After a tooth is pulled out, the area usually heals in a few days. There are several steps you should take to help promote healing, prevent complications, and make you comfortable.

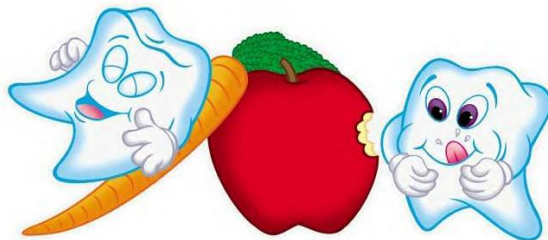
- The first day after your extraction, DO NOT smoke, rinse, spit, or blow your nose hard and do not use a straw for drinking.
- Remember to NOT rinse vigorously because this can disturb the healing.
- Drink lots of liquids and eat healthy soft foods.
- Avoid using toothpicks.

Preventing Tooth Loss

- Drink water with fluoride, if possible.
- Brush your teeth every day with fluoride toothpaste.
- Use other fluoride products like mouth washes.
- Floss your teeth every day.
- See your dentist every six months.
- Remember, you can visit the Migrant Health Center Dental Clinic in your area.
- Get dental sealants to protect the biting surfaces of your teeth.
- Eat a balanced diet with healthy snacks.
- Do not eat a lot of foods that are high in sugar.
- Do not smoke or use other tobacco products.

KEEP IN MIND:

- Always wear your seatbelts and use child car seats for children under 4 when in your car.
- Have children follow safety rules when they are playing to prevent falls and dental injuries, like no pushing and shoving or running with dangerous objects.
- Wear mouth guards and helmets when playing sports and recreational activities.
- Be careful when working around farm animals, farming equipment or machinery. Do not use farm equipment or machinery unless you have been trained to use it.
- Always be careful when using ladders or hand held equipment that may cause dental injuries.

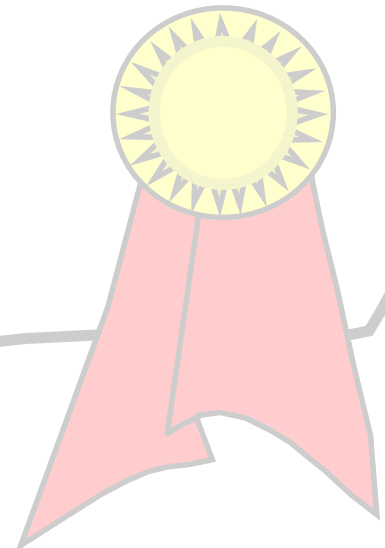


LESSON 7

OVERHEADS

Lesson 7 Objectives:

1. Identify basic principles of popular education.
2. Identify common teaching methods used in popular education.
3. Use specific teaching methods and strategies for sharing dental health messages in the community.



Characteristics of Popular Education

- Everyone is respected and treated as an equal
- All ideas are valued
- Recognizes that everyone has knowledge
- Promotes change
- Everything turns into an opportunity to learn
- Everyone teaches, everyone learns
- Encourages everyone to participate and interact, ask questions, discuss
- Creates leadership
- Encourages people to make their own decisions and to find solutions to their problems

Teaching Methods

- **Brainstorming**
- **Role-play**
- **Songs**
- **Games**
- **Icebreakers**

Group Session Guide

- 1. Icebreaker**
- 2. Brainstorm**
- 3. Share information**
- 4. Reinforce the information**
- 5. Evaluation**

Individual Session Guide

- 1. Introduce yourself.**
- 2. Ask about their experiences with tooth decay (or other topic).**
- 3. Offer more information on the topic.**
- 4. Thank them for their time and offer to come back with additional information, if requested.**

LESSON 7

HANDOUTS

Group Session Guide

1. Icebreaker

- Allows everyone to feel at ease and to get to know each other better.
- These are good to do when it's your first time with the group or if the group doesn't know each other or when.

2. Brainstorm

- Useful activity to see what the group already knows and to get an idea of what issues to focus on.

3. Share information

- This can be done through role-play, handouts, questions, discussion, people's experiences, etc.
- It's important that we allow time to get feedback from participants. We can all learn from each other.

4. Reinforce the information

- Repeat the information through an activity or see if the participants remember the information that was shared by playing a game or asking questions.

5. Evaluation

- Ask the participants what they liked and did not like and how they would do things differently.

One on One Session Guide

1. Introduce yourself

- Be sure to greet the person, give them your name, the name of your organization and what it does, and ask for their name.

2. Ask about their experiences with tooth decay (or other topic)

- Motivate the person to ask you questions.
- Create trust in order to open communication between you.
- LISTEN!

3. Offer more information on the topic

- Mention key points of prevention
- Offer information on dental health services

4. Thank them for their time and offer to come back with additional information, if requested.