



# What's in Your Toolkit?

Changing the Oral Health Conversation  
with Families

ASTDD Early Childhood Committee

National Oral Health Conference

April 20, 2016



## **When you leave today, you will be able to:**

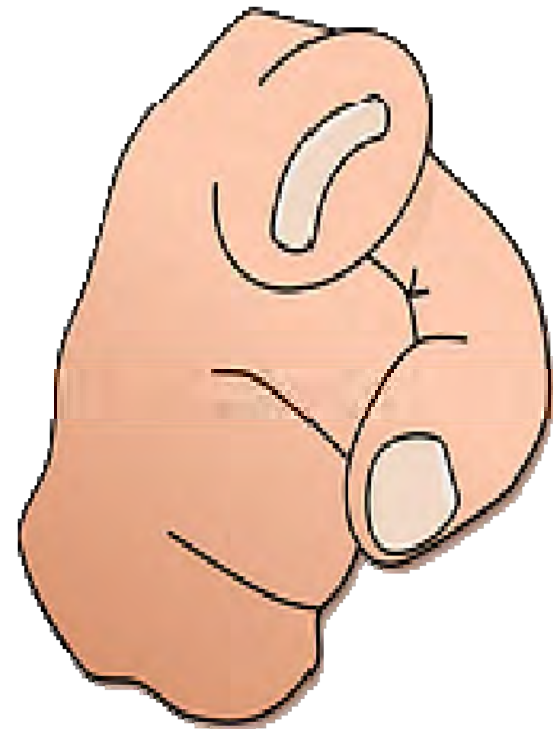
- Review the basic concepts of Motivational Interviewing
- Engage families in effective oral health conversations
- Assist families with oral health goal setting
- Recognize opportunities to integrate oral health within communities

**Where are  
we now?**

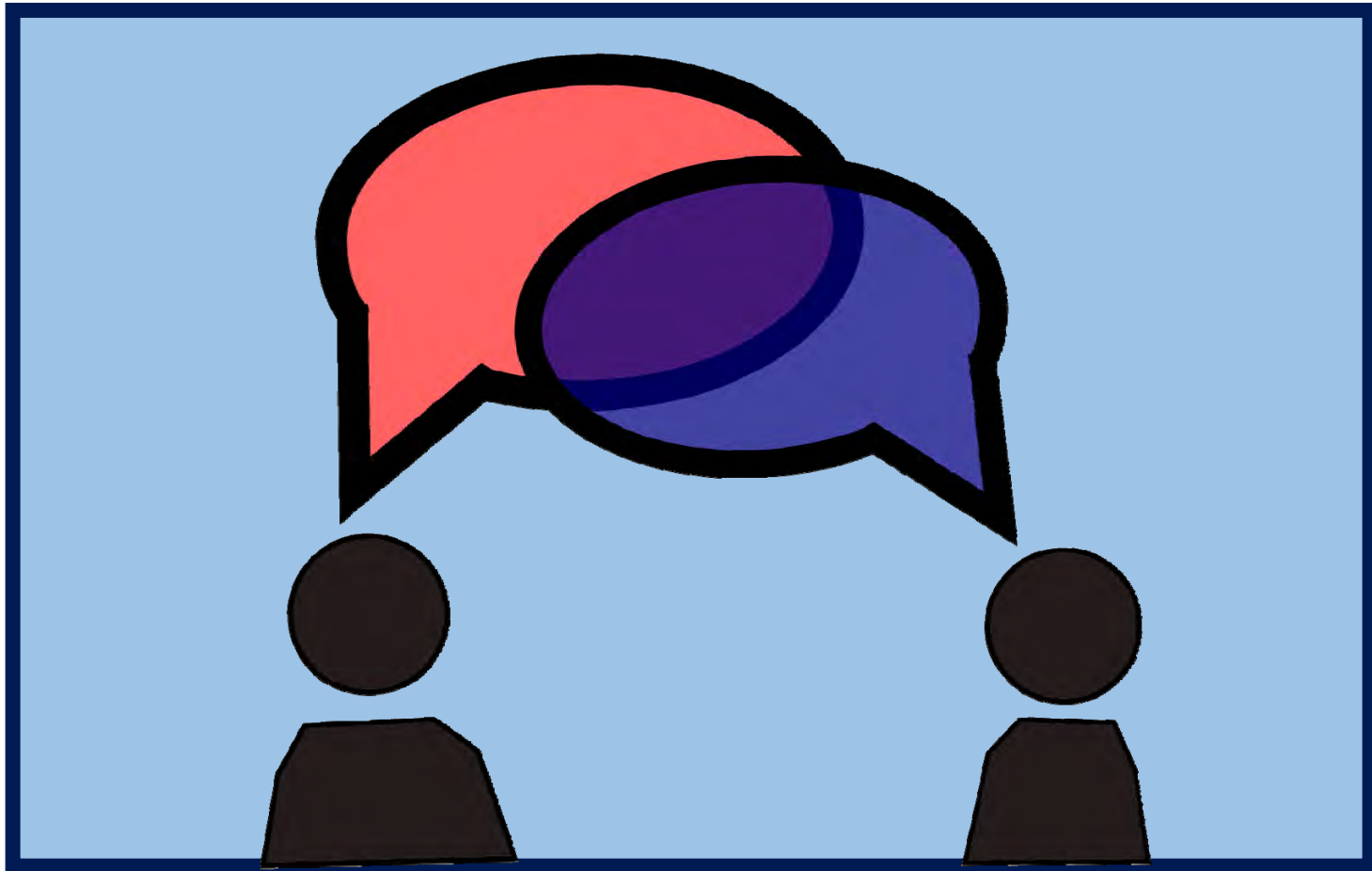


# Authoritative-style of providing oral health education

- Directing conversation
- Delivering information
- Persuading
- Assuming people will change their behavior because it is sensible, logical or required



**What might authoritative style oral health conversation sound like?**



# Reflection



**If you were the parent:**

**What are you thinking?**

**What are you feeling?**

**What are you inspired to do next?**

# Reflection

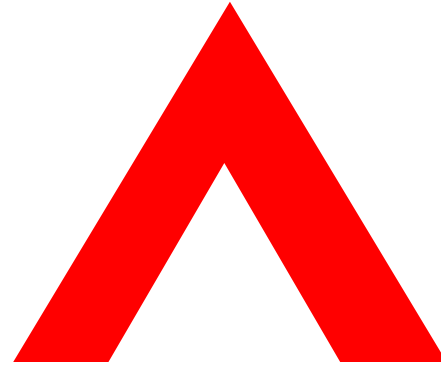


**If you were providing this health education:**

**What are you thinking?**

**What are you feeling?**

**What are you inspired to do next?**



**Sometimes we have to change  
what we do to get parents to  
change what they do.**





# Changing the Conversation



# **Motivational Interviewing Basics**

**Why MI?**



**Because it  
Works!**

# What is the definition of MI?

“... a collaborative, person-centered form of guiding to elicit and strengthen motivation for change.”

**Miller and Rollnick, 2009**



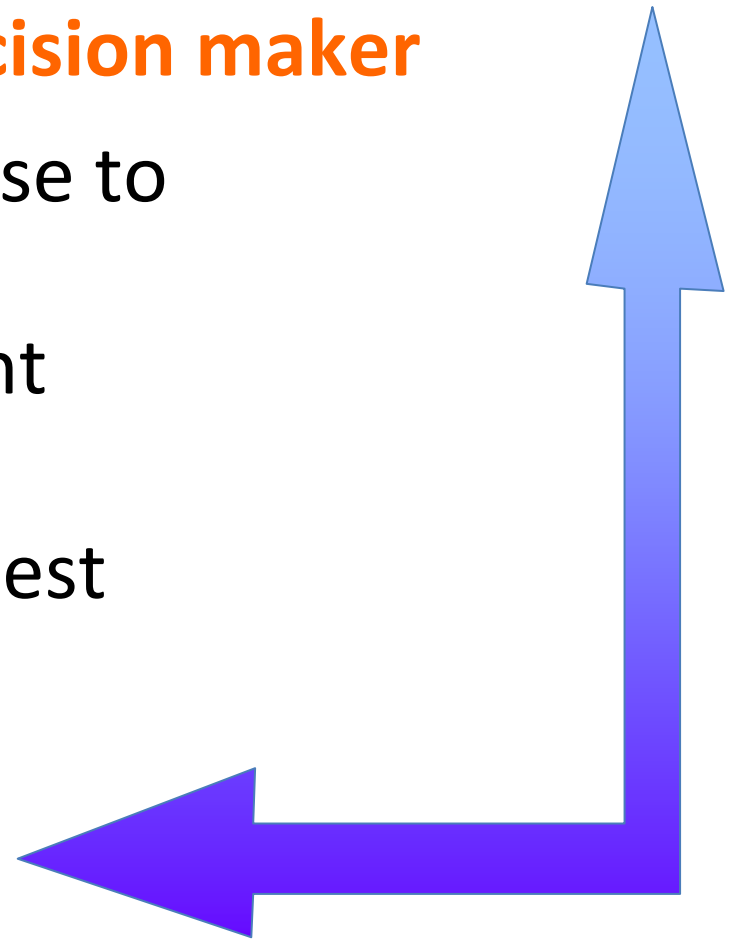
# Autonomy

**Partner with families**

**Recognize parent as the decision maker**

Both bring a level of expertise to the conversation.

- Educator - topic content knowledge
- Parents - what works best for their family



# Motivational Interviewing

- Guiding conversation
- Actively listening
- Collaborating
- Goal oriented

# Authoritative Education Style

- Directing conversation
- Delivering information
- Persuading
- Assuming people will change their behavior because it is sensible, logical or required

# Ambivalence



Goals  
Pro

Developing  
Discrepancy



Behavior  
Con

# **Starting the Oral Health Conversation**



# MI: Four basic skills

## **O**pen-ended questions

*“What would you like for the health of your child’s mouth?”*

## **A**ffirmations

*“Brushing your child’s teeth before bed is a great goal.”*

## **R**eflective listening

*“Changing a routine can be tricky.”*

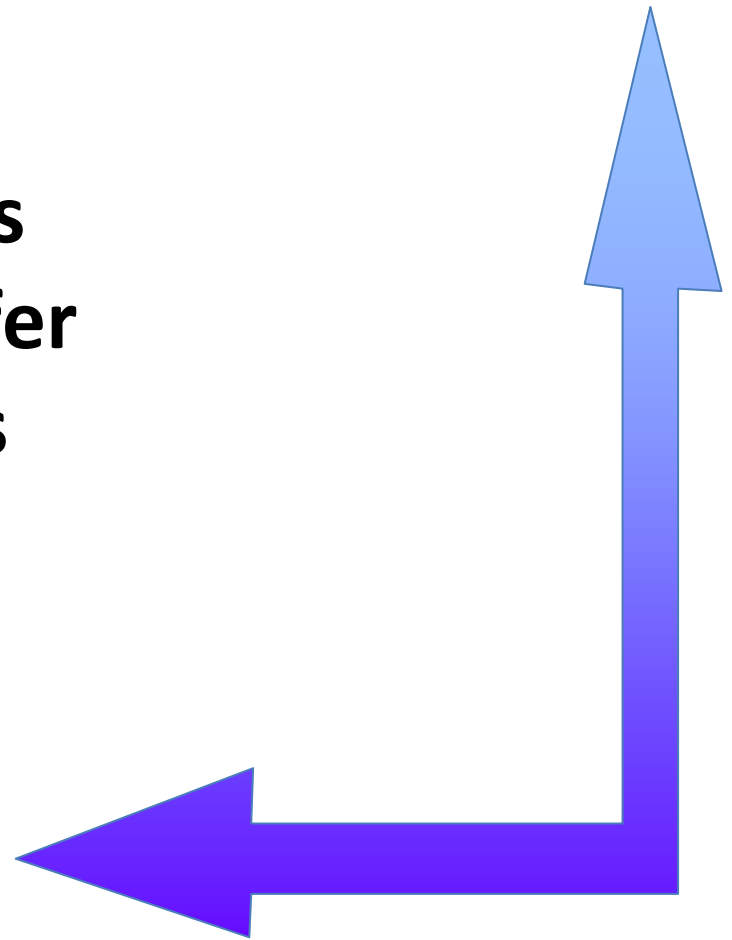
## **S**ummarizing

*“Let me make sure I haven’t missed anything.”*

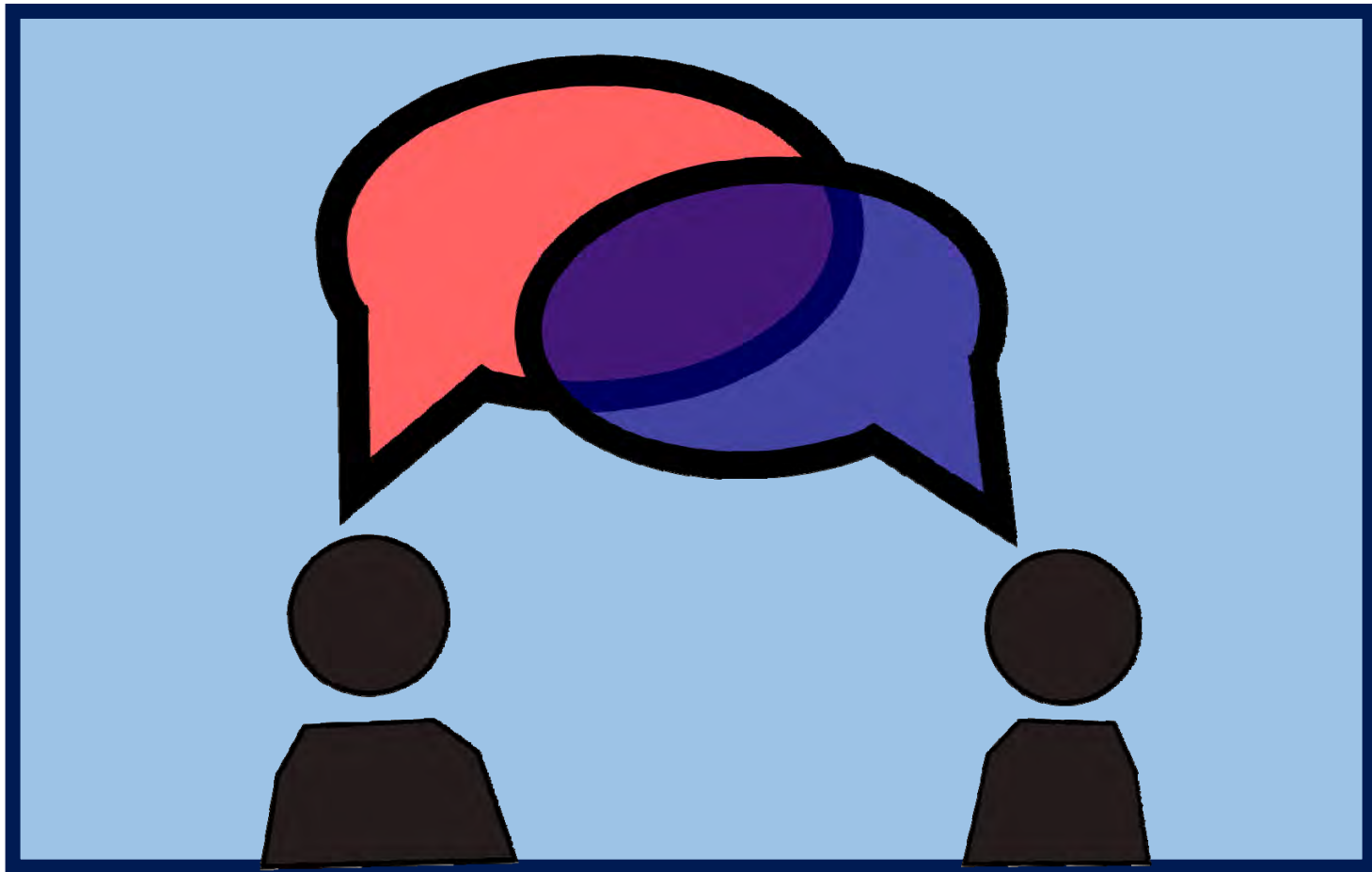
# Ask permission

*Before offering advice:*

1. Assess parent's needs
2. Ask permission to offer advice or suggestions



**What does an MI influenced oral health conversation sound like?**



# Reflection



**If you are the parent/provider:**

**What are you thinking?**

**What are you feeling?**

**What are you inspired to do next?**

# Activity



**Do you have a good job?**

**Do you like pizza?**

# Setting Oral Health Goals with Families

# Focusing commitment to change

*It sounds like you are interested in helping your child have healthier teeth.*

## Examples:

- What changes are you thinking about making?
- Where do we go from here?
- What do you want to do at this point?
- How would you like things to turn out?
- Is there anything you'd like to do for your child's oral health in the next week or two?

# Change talk



**Parent voices  
reasons for change**

***If you take the “reason for change” side of a discussion,  
the parent is left with the side of “opposing change”***

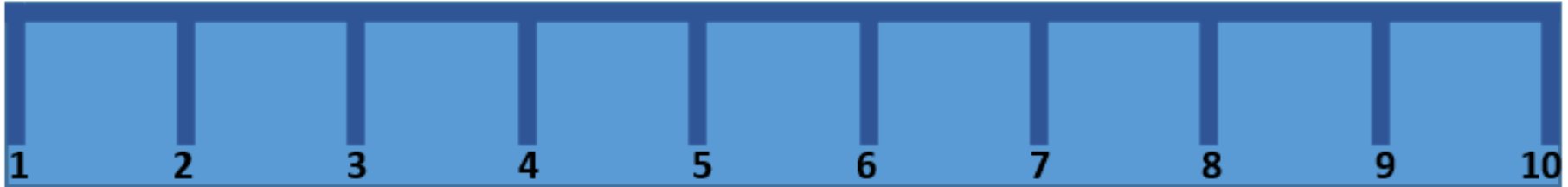


# Goal setting



*“I have tool that some parents find helpful for deciding on (or recording) their goal. Is this something you would consider using?”*

# Assessing importance & confidence



1--x-----y-----10

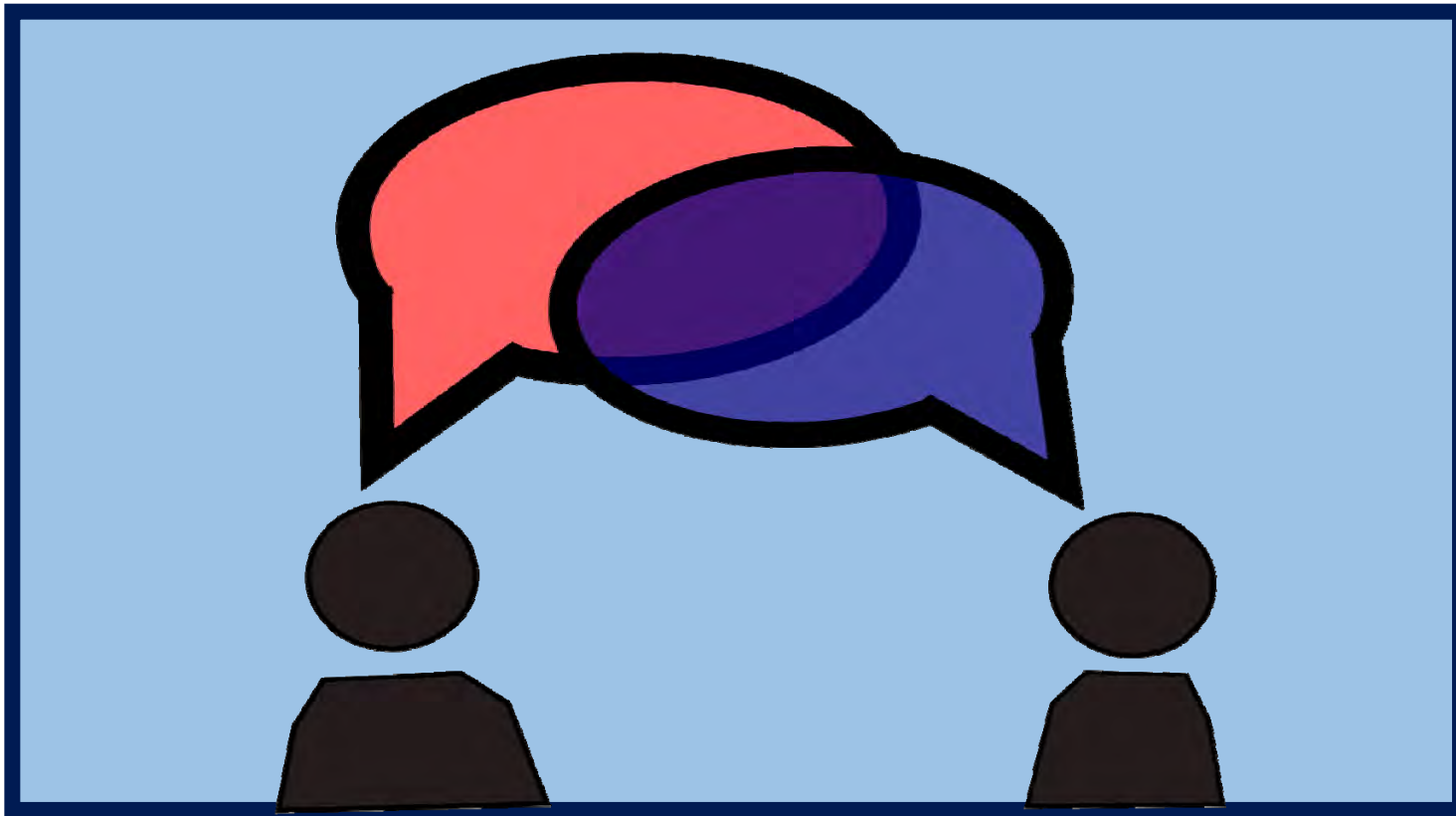
If you were to decide to make this change, on a scale of 1-10:

- How *important* is it?
- How *confident* are you?

Follow each response with:

- Why are you at x and not a 1?
- What would have to happen for you to go from y to 10?

**What might an oral health goal setting conversation sound like?**



# Activity



1. Assess parent's readiness for change
2. Choose one goal
3. Guide with strategies
4. Assess importance and confidence
5. Summarize

# **Introducing Oral Health into Communities**

# Applying MI

## Training of Head Start home visitors



Skill	% Very or Completely Confident Before	% Very or Completely Confident After	P-value
Advising parents/caregivers about children's oral hygiene (n=125)	44	90	≤0.001
Advising parents/caregivers about dental visits for their child (n=123)	56	94	≤0.001
Advising parents/caregivers about the use of fluoride (n=124)	34	89	≤0.001
Advise a pregnant woman about her oral health (n=124)	40	87	≤0.001

# 12 oral health messages

- Magnets in English & Spanish
- One page modules for each message
  - Healthy literacy friendly
  - Nepali & Tongan translations completed



# Thinking outside the box

- Early Intervention Programs/Baby Watch
  - Home Visitor, PT, OT, Speech Pathologist, etc.
- Head Start/Early Head Start
- Home Visiting
- WIC
- Office of Health Disparities





# More collaboration

- Childcare Licensing
  - Presented to staff
- Indian Health Services
  - Culturally sensitive photos
  - Voice over in 4 native languages
- Help Me Grow
- Refugees



# Integrating MI



**KEEP YOUR CHILD CAVITY FREE**

- Step the pop
- Limit candy and junk food. No sticky sweets
- Brush with a smear of fluoride toothpaste
- Only water in sippy cup
- Adult brushes child's teeth
- No more than 4-6 oz. of juice per day
- Drink only water between meals
- Wean off bottle by age one
- Brush every night before bed
- Sleep without a bottle
- Regular dental visits starting at age one

Kansas Cavity Free Kids – a program of Kansas Head Start Association. [khunt@ksheadstart.org](mailto:khunt@ksheadstart.org)

## Our Family Travel Journal



All Aboard the **CAVITY FREE EXPRESS!**

	Name	Fluoride	Cavities	Fillings	White		
					Spots	Other	Refer
Who went on this trip?	1						
	2						
	3						
	4						
	5						
Our favorite parts of the trip!	1						
	2						
	3						
Things I choose to do to keep my family cavity free:	1						
	2						
	3						



*idea → plan → action*



**MI Resources**



# MI Resources

## **Caries Management by Risk Assessment - CAMBRA**

[http://www.cda.org/Portals/0/journal/journal\\_102007.pdf](http://www.cda.org/Portals/0/journal/journal_102007.pdf)

**Choosing Healthy Behaviors.** Head Start National Center on Health Brush Up on Oral Health Newsletter. Nov 2014. <http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/oral-health/PDFs/brushup-news-201411.pdf>

## **Motivating parents to prevent caries in their young children: One year findings.**

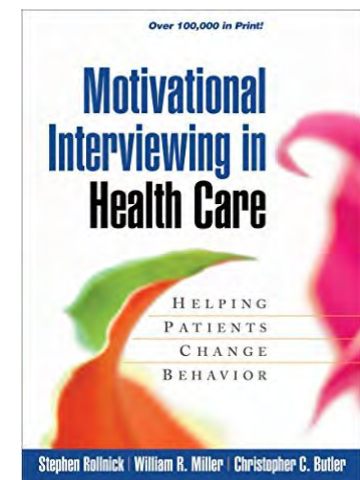
Weinstein, P., et. al. Jun 2004. JADA, Vol. 135, Issue 6, pp. 731–738

## **Motivating mother to prevent caries: Confirming the beneficial effect of counseling.**

Weinstein, P., et. al. Jun 2006. JADA. Vol. 137, Issue 6, pp. 789-793

## **Motivational Interviewing in Health Care: Helping Patients Change Behavior (Book)**

Stephen Rollnick, William R. Miller. 2007.



# MI Resources: Webinars &

## Videos

**Engaging Families Using Motivational Interviewing Strategies and Principles**

(webinar). 17th Annual Virtual Birth to Three Institute

<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehsnrc/comp/family-engagement/EngagingFamilies.htm>

**Motivational Interviewing: Changing oral health behaviors to keep kids cavity free** (webinar). Oral Health Kansas.

<https://www.youtube.com/watch?v=xiPWwQfBcII>

**Motivational Interviewing Network of Trainers** (website):

[www.motivationalinterviewing.org](http://www.motivationalinterviewing.org)

**Tooth Talk** (webinars): University of North Carolina

Tooth Talk Moments: <https://vimeo.com/84873378>

MI for Kids Healthy Smiles: <https://vimeo.com/94031424>

**Using Motivational Interviewing Techniques to More Effectively Partner with Parents** (webinar). Head Start National Center on Health.

<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/mental-health/ec-mental-health-consultation/mit.html>

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