

Presented by Holli Seabury, CEO
McMillen Center for Health Education



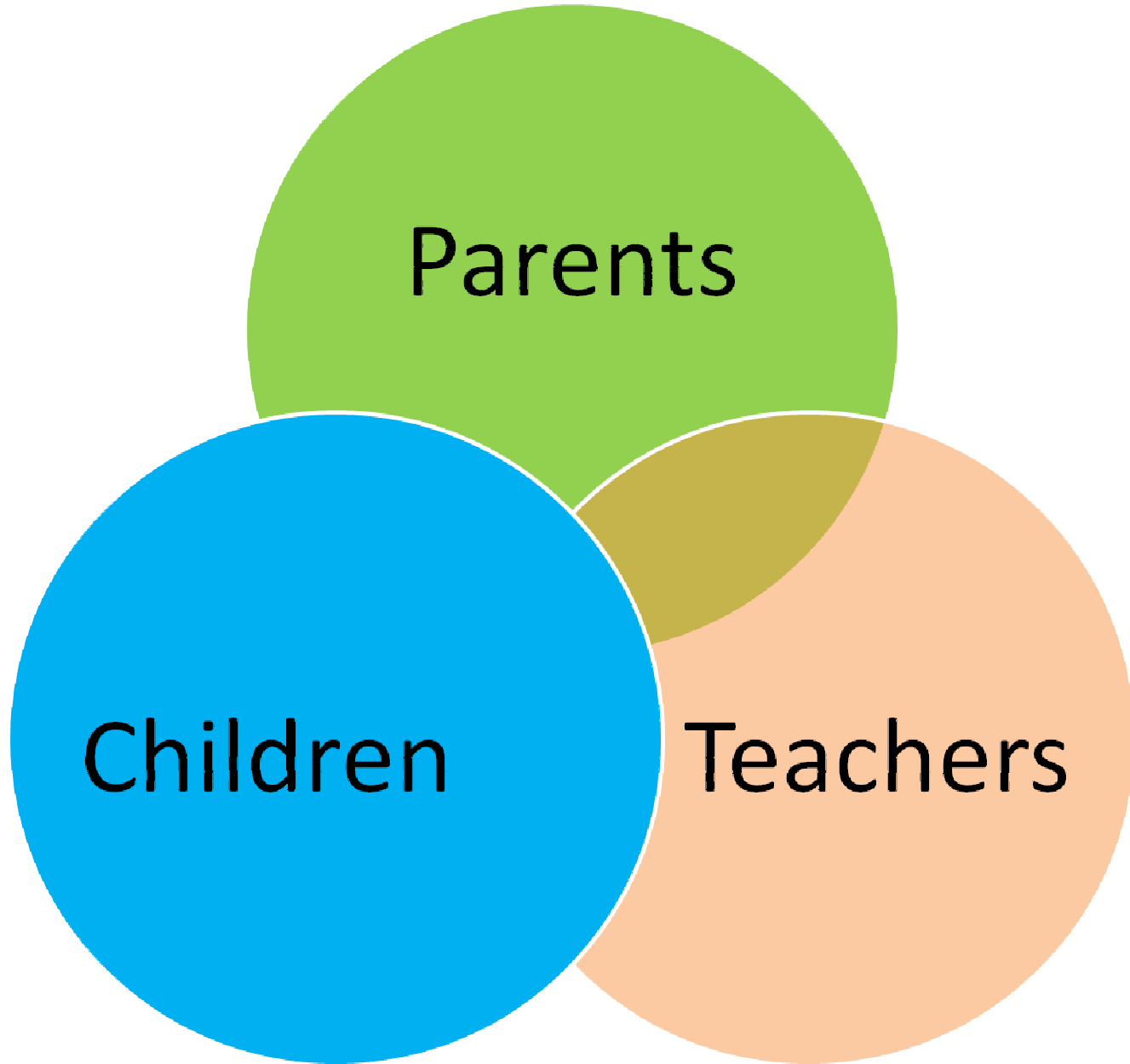
ON AIR







“I know dental decay is bad, but I don’t know exactly why, and I don’t have any resources. I also don’t know how to talk to parents about decay.”

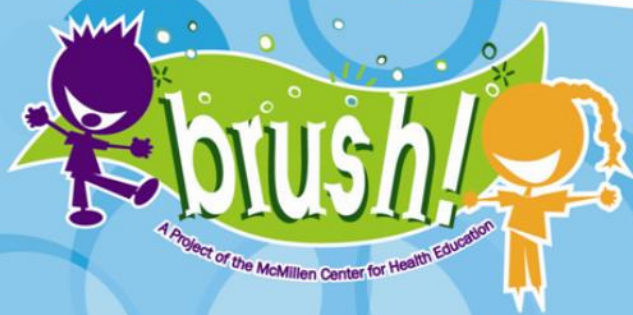


Parents

Children

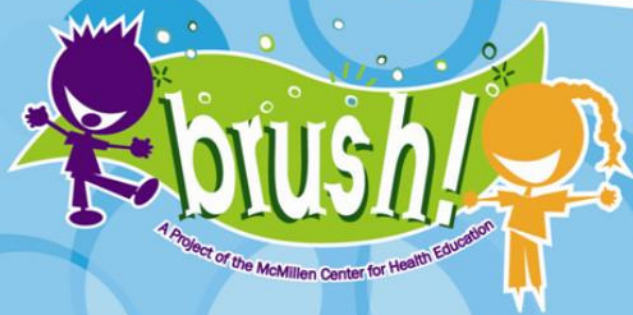
Teachers

If children are in pain, are sick,
aren't sleeping, can't eat
healthy food, and have
self-esteem issues they are less
likely to succeed in school.



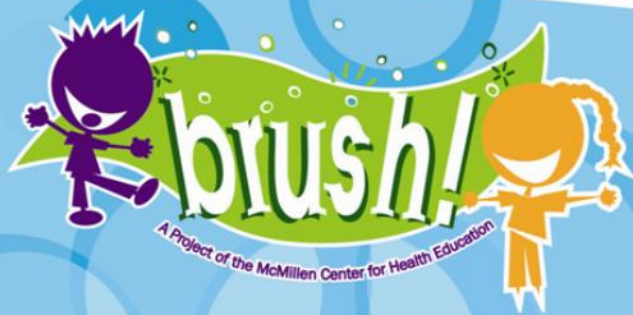
Brush! Focus

- The importance of primary teeth
- How dental health relates to school readiness and success
- Daily dental hygiene and dentist visits
- How nutrition influences dental health



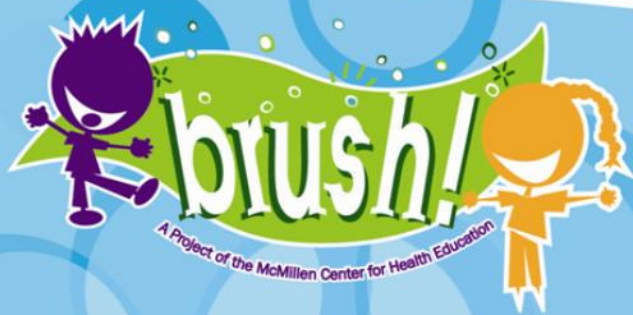
Brush!

Children and their parents establish a habit of daily dental hygiene, healthy nutrition, and regular dental visits that allows children to enter school ready to learn, without the adverse effects from dental decay.



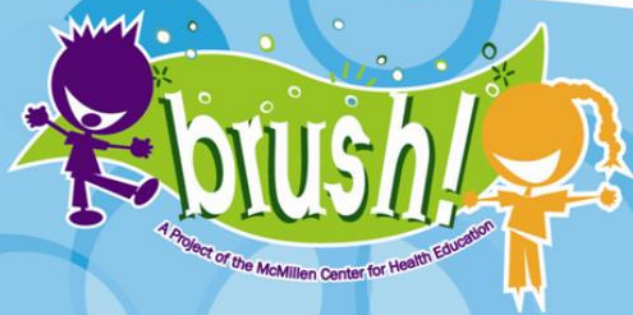
Brush! in Early Education

- Teacher training
- Twice monthly parent education newsletters
- Monthly brushing charts for children and a classroom tracking poster



Brush! in Early Education

- A Brush! book for each child
- An educational DVD
- A year-long curriculum with weekly lessons

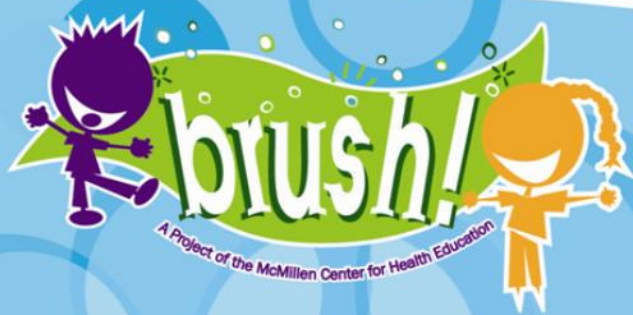




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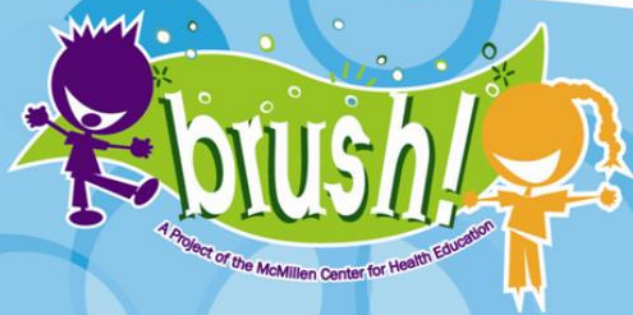
Healthy primary teeth are important!

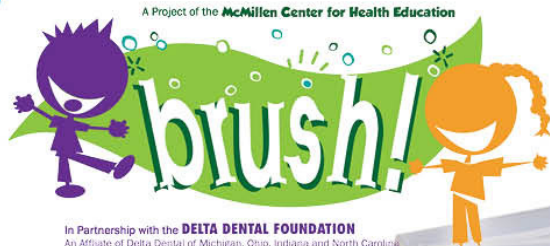
- In learning to speak properly
- For chewing the healthiest foods like fruits and vegetables
- To keep permanent teeth spaced properly
- Decayed baby teeth can also decay the permanent teeth below



Healthy primary teeth are important!

- Loss of primary teeth is a self-esteem issue
- Children who are in pain from dental decay have problems paying attention and learning
- Decayed teeth can cause repeated ear and throat infections





A Project of the **McMillen Center for Health Education**

In Partnership with the **DELTA DENTAL FOUNDATION**
An Affiliate of Delta Dental of Michigan, Ohio, Indiana and North Carolina

52-week Curriculum

Take-Home Brushing Charts, Classroom Poster & Chart Stickers

Online Professional Development

Interactive Dental Education DVD

Parent Newsletters
24 Annually
Available in both English & Spanish for ages 0-2, 3-5

Laminated "Big Tooth" Manipulatives

Classroom Activity Toothbrushes

Popular Children's Literature Books

Mouth Model, Large Toothbrush

Classroom Curriculum Kit includes 30 copies of the newsletters, take-home brushing charts, manipulatives and toothbrushes.



Preorder from **McMillen Center for Health Education** Available July 1, 2013. fbrooks@mcmillencenter.org (888) 240-7268
www.brushdental.org f





Milk

Apples

Yogurt

Cereal

Applesauce

Bananas



Written and Illustrated by Holli Seabury

Graphic Design by Frances Brooks

Making Happy Healthy Smiles....

.....and keeping them that way!

A child's dental care begins before birth.

Children begin to form teeth between the 3rd and 6th month of pregnancy. This means mom should be eating a lot of calcium rich foods such as dark green leafy greens, fortified cereals and dairy or soy products. Also include high protein foods such as meats, beans and eggs. **Just because you can't see your baby's teeth doesn't mean they aren't there!** At birth, your baby has 20 primary teeth that are almost fully formed in the jaw already, but they don't quite make it to the surface until baby is between 6 months and 1 year. So in the meantime, simply wiping your baby's gums with a clean gauze pad or cloth after feedings will remove harmful plaque and bacteria. **Take your child to the dentist**

by his/her 1st birthday, as recommended by The American Dental Association. The dentist will check your 1 year old for decay, identify fluoride needs and address potentially dangerous habits such as thumb sucking. **Don't use toothpaste for children under age 2.** As soon as the first teeth appear, brush them with a little water. After children have reached the age of 2, toothpaste can be introduced in pea-sized amounts. **Teach your children proper brushing techniques.** Most children are able to brush their own teeth by age 6 or 7. Select for them a brush that has soft, rounded bristles. Show them how to use circular brush strokes to reach all surfaces of teeth.

Make sure they spit out the toothpaste and rinse with water after brushing to avoid swallowing the toothpaste. Swallowing the toothpaste could give them an upset tummy!



Don't forget the floss! As soon as any two teeth touch, make sure that you use floss to clean between your child's teeth. This is the only way to avoid decay in places where a toothbrush can't reach. **Make trips to the dentist fun for your child.** It is important for your child to have a good attitude toward dental visits. Be positive and remind your child that the dentist is a friendly doctor who is helping to take care of his or her teeth. Set a good example yourself by brushing and flossing twice a day and visiting the dentist yourself. **Take an active role in your child's oral health.** Tell your dentist if your child is ill, what medications your child may be taking, and if your child has any known drug allergies. If you don't understand a dentist's recommendations for any treatment but sure to ask questions.



What we've got here is failure to communicate.



A Project of the McMillen Center for Health Education

Baby teeth are important in many ways!

Baby teeth help children stay healthy because they can chew healthy foods like fruits and vegetables.

Baby teeth help children learn how to talk.

Baby teeth help permanent teeth by saving a space for them.

A healthy smile can help children feel good about the way they look.

Starting the habit of family dinners while your children are young will get them off to a good start in life – children who eat with their families have better language skills!

Here's an idea: get your children at the table – ask them, “If you could be any animal, what would you be and why?”

**Family
T Table**

www.FamilyTableOnline.org

Teeth Love Water!

Juice or sugary drinks between meals can lead to cavities and decay. If sippy cups are used between meals, or at nap time, they should only be filled with water. Juice, even 100% fruit juice, has a lot of sugar in it and can hurt children's teeth. Water is healthier both for your children's bodies and their teeth!



McMillen Center
for Health Education

KIDS SMILE
Kosciusko
DENTAL ASSISTANCE

Topics

Self-efficacy

Fruit snacks

Juice

Soda pop

Energy drinks

Sippy cups all day

Snacking all day



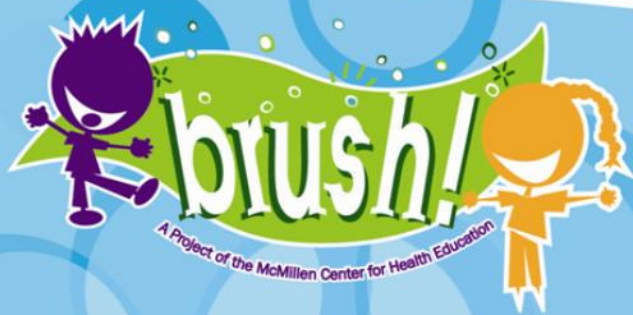


You can have
brilliant ideas,
but if you can't
get them across,
your ideas won't
get you
anywhere.

- Lee Iacocca

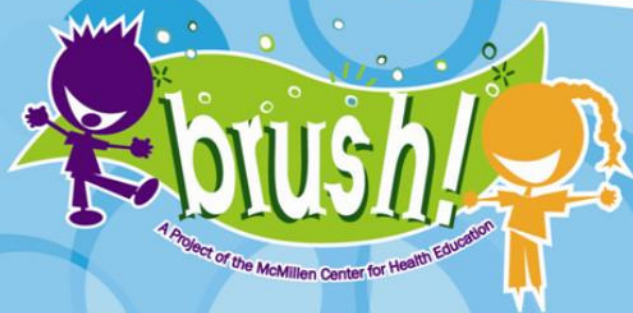
Brush! Evaluation

- Initial survey of parents in the fall of 2012
- Follow-up survey in spring 2013
- Teacher survey in spring 2013
- Currently conducting teacher focus groups



Brush! in the Future

- National website with video training debuting July 2013
- Additional book in fall of 2013, focusing on kindergarten readiness
- Expansion to doctor's offices and WIC
- Research focusing on low-income rural mothers



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