Oral Health Educational Resources for Early Head Start and Head Start Home Visitors and Families: Environmental Scan

Overview of the Environmental Scan

As part of National Center on Health (NCH) activities, the Association of State and Territorial Dental Directors (ASTDD), Early Childhood Oral Health Committee, Home Visiting Subcommittee, conducted an environmental scan to identify available educational resources for home visitors and infants and children in Early Head Start (EHS) and Head Start (HS) home-based programs and their families. After identifying and reviewing existing resources, the committee identified gaps and opportunities to promote oral health to infants and children in EHS/HS home-based programs and their families. For information about the environmental scan methodology and resources reviewed, see the appendices.

Conclusions from the Environmental Scan

There is a wide range of oral health educational materials addressing perinatal and early childhood oral health topics available to home visitors and infants and children in EHS/HS home-based programs and their families. Several of the resources respond to requests from home visitors and families, including the need for current, evidence-based oral health materials that are accessible, presented in easy-to-understand language, and include pictures or videos. In addition, home visitors want resources that provide simple prevention strategies to reduce oral disease risk and share communication strategies and activities to engage families in adopting good oral health practices.

While gaps exist in content and format, it is heartening to see the growth in educational materials available to home visitors serving infants and children in EHS/HS home-based programs and their families. Materials address the major oral health topics (e.g., how to provide and encourage preventive oral health home care such as toothbrushing, healthy feeding and eating practices, the importance of fluoride, how to locate and establish a dental home beginning at age 1, how to utilize dental insurance such as Medicaid).

Many home visitors report a lack of oral health knowledge and do not initially feel comfortable providing comprehensive oral health information to families. They also report the challenge of responding to contradictory oral health messages families receive from other family members, the Internet, or local health professionals. Given the wealth of information on oral health for pregnant women and infants and children birth to age 5, home visitors would benefit from a standardized, easy-to-understand oral health training resource to adequately prepare them for oral health sessions during home visits. National comprehensive home visitation curricula integrate
minimal oral health information into sections based on children’s developmental stages. The *Home Visitor’s Handbook for the Head Start Home-Based Program Option* contains a brief section on oral health. The majority of oral health training resources are designed for health professionals and require adaptation when training home visitors. *I Am Moving I Am Learning* is an example of a standardized education program that can serve as a model for standardized oral health training resources for home visitors. The program contents covers the wide range of oral health topics essential for all pregnant women and families with infants and children birth to age 5.

**Gaps in Oral Health Educational Resources For Home Visitors and Families**

- **Oral health needs assessment.** Home visitors develop lesson plans based on identifying each infant’s, child’s, and family’s strengths and need for information and skills. Only a limited number of oral-health-educational materials include an oral health assessment. A needs assessment can be used in a variety of ways to engage families in exploring oral health topics. Home visitors would benefit from having an oral health needs assessment to determine families’ strengths, current oral health practices, and need for information and skills.

- **Communication strategies for engaging families to adopt oral health practices.** Home visitors report struggling to initiate conversations with families on oral health topics and the challenge to get families to adopt good new oral health practices. Existing brochures can be effective in reinforcing oral health messages, but they are not designed to foster a true dialogue to encourage parents to talk about their oral health concerns and needs. Techniques for health coaching are beginning to take the place of health education as a positive way to collaborate and support families when making decisions to adopt healthy practices. Motivational interviewing is a popular and respected model that integrates education, dialogue, and shared responsibility between families and home visitors. There are limited oral health curricula that facilitate interactive communication between home visitors and families. Additionally, comprehensive home visiting curricula that integrate oral health into broader lesson plans may require home visitors to spend additional time looking for information to respond to family’s questions. Therefore, oral health should be presented as a stand-alone content section within home visiting curricula.

- **Pregnant women.** Poor oral health during pregnancy can affect women’s overall health and wellbeing. Home visitors have many opportunities to advise pregnant women about the importance of oral health during pregnancy. Home visitors also have the opportunity to address anxiety about going to a dentist and provide guidance on daily oral hygiene care for pregnant women who have physical or developmental conditions that hamper routine care. Curricula should address the importance and safety of professional oral health care during pregnancy, daily oral hygiene for pregnant women and their newborns, identifying signs of periodontal disease and tooth decay, choosing healthy foods, and fostering eating habits for good oral health.

- **Infants, children, and families needing specialized oral health care.** The most serious gap in resources is the lack of educational materials providing comprehensive information for pregnant women, infants, and children needing specialized oral health care. Oral health care is the leading unmet health need among children with special health care needs. Home visitors serve pregnant women and families with infants and children who have
developmental, physical, and behavioral health conditions that affect their ability to maintain good oral health. Home visitors who serve pregnant women, infants, and children with special health care needs require additional oral health training and resources.

- **Autism.** Only a few resources are available that address oral health care for infants and children with autism. All the resources identified were available only in English.

- **Adverse childhood experiences and domestic violence.** No materials were found to address emotional and behavioral conditions. Research suggests that children who experience maltreatment demonstrate anxiety, fear, and resistance that can hinder daily oral home care and professional oral health care. Even into adulthood, pregnant women and family members who suffered abuse and neglect may not practice daily oral health care or seek appropriate oral health care. Researchers in the field of domestic abuse and violence report women are especially fearful of going to a dentist.

- **Infants and children with physical and developmental disabilities.** Infants and children birth to age 5 with medical, physical, or developmental conditions have increased risk for oral problems and may require increased attention to oral hygiene and care. Infants born with cleft lip/cleft palate require specialists for diagnosis and care. Children on a feeding tube need to have routine mouth care. Parents whose children cannot hold their mouths open for toothbrushing benefit from demonstrations and different types of brushes.

### Key Findings: Gaps in Oral Health Educational Resources for Home Visitors and Families

- Oral health information within comprehensive home visiting curricula is not easy to find. When a parent asks an oral health question that is not scheduled to be discussed during that visit, the home visitor has limited time to find the answer.

- Comprehensive oral health training curricula are primarily designed for health professionals; therefore, the content needs to be adapted to an appropriate health literacy level for home visitors.

- A limited number of oral health curricula provide lesson plans that facilitate dialogue and parent goal setting. Only a few curricula include essential oral health topics with brief summaries and short lesson plans that foster health coaching (motivational interviewing).

- A limited number of home visiting curricula and lesson plans address oral health care during pregnancy.

- Few oral health resources are available for infants and children with special health care needs.

- A limited number of research-based standardized oral health training curricula for home visitors are available at no charge. Typically onsite training is offered at an additional charge.

- Few oral health resources for families are available in languages other than English and Spanish at no cost and online.

- Few curricula offer a ready-to-use toolkit that provides training materials for home visitors, materials for home visitors to use when educating the families, demonstration supplies, and other resources needed.
Opportunities Available to Promote Oral Health for Families

*Social media.* Home visitors and families report using social media, such as Twitter, Facebook, and mobile apps to obtain information on a variety of topics. Professional websites and print materials are not used as frequently. Therefore, numerous opportunities exist on popular social media platforms to promote oral health practices, educate on the most current oral health information, and respond to oral health questions.

*Visuals that demonstrate oral health practices.* Home visitors and families report that they learn by watching demonstrations, for example, demonstrations on toothbrushing and flossing, parent positions for brushing the child’s teeth, and looking in the child’s mouth for signs of oral health problems. Visuals provide home visitors with confidence to demonstrate proper techniques to parents. Resources should include visuals as well as text. And videos are a useful tool for training home visitors.

*Comprehensive oral health training for home visitors.* Home visitors report a lack of oral health knowledge and do not initially feel comfortable providing oral health education to families. Home visitors who have participated in comprehensive oral health training with ongoing follow-up support report feel more confident and comfortable in talking about oral health with families. Comprehensive oral health training for home visitors is crucial to ensuring that oral disease prevention and oral health promotion is included during home visits.
Appendices

**Outcomes of Oral Health Education in Home Visiting Programs**

The following studies provide evidence to support improved oral health outcomes for children whose parents receive ongoing oral health education during pregnancy and/or the early stages of their child’s life.

- Randomized controlled trial showed that children whose mothers received repeated rounds of oral health education during pregnancy and the first year of the child’s life had significantly reduced incidence of severe early childhood caries (S-ECC); 1.7% developed S-ECC compared to 9.6% of children whose mothers did not receive the oral health education. *Source:* Plutzer K Spencer AJ. (2008). Efficacy of an oral health promotion intervention in the prevention of early childhood caries. *Community Dentistry and Oral Epidemiology* 36(4):335–346.

- Study showed that Medicaid children who were also enrolled in a home visiting program that included an oral health program were three times more likely to have at least one dental visit, when compared to children only enrolled in Medicaid. *Source:* Brickhouse TH, Haldiman RR, Evani B. (2013). The impact of a home visiting program on children’s utilization of dental services. *Pediatrics* 132 Sup. 2:S147–152.

**Roles of Home Visitors**


Home-based programs provide weekly home visits of 90 minutes and two monthly parent socialization opportunities. Home-based programs must implement the same HS performance standards related to health and family partnerships as center-based programs, including:

- 1304.20: Determine oral health status and ensure pregnant women and children have early and periodic oral health assessments, diagnosis, prevention, and treatment.
- 1304.40: Provide medical, dental, nutrition, and mental-health-education programs for program staff, parents, and families. The education programs should provide parents with the opportunity to learn the principles of preventive medical and dental health, emergency first-aid, occupational and environmental hazards, and safety practices for use in the classroom and in the home.

Home visitors’ primary and ongoing role is supporting pregnant women and families to be their children’s primary teacher and caregiver. HS program performance standards list a vast number of topics relevant to healthy outcomes of pregnant women and children enrolled in EHS/HS programs. Home visitors respond to each family’s strengths and goals to provide lesson plans that are meaningful. Lesson plans vary with the child’s developmental stage, plus parents’ knowledge and skills, interests, and cultural values and beliefs. This calls for an intentional perspective of building an ongoing supportive and collaborative relationship with parents and other family members. As parent educators, home visitors value their roles as providers of accurate, current and easily understood knowledge and skills for families to adopt. The challenge
to their role as educators is adapting their teaching style to the individual parent’s learning style. In meeting this challenge, home visitors rely on a variety of educational tools: written explanations of complex developmental, medical, and oral health information; pictures and videos that demonstrate appropriate practices to prevent tooth decay and mouth injuries; hands-on demonstrations; games; and print materials in the parent’s home language to reinforce the lesson.

**Expressed Needs of Target Audiences**

**Data sources:** Summary of listening sessions, informal interviews, and surveys conducted in the following states: Arizona, Iowa, and Kansas.

Many home visitors report beginning their profession without current, evidence-based knowledge of perinatal and early childhood oral health, including: oral health conditions, personal and professional care to prevent oral disease, and treatment of oral disease. Being prepared to address oral health topics for pregnant women, infants, toddlers and preschoolers requires an exceptional range of knowledge. They report an increasing challenge to provide families with accurate information to counter the wide variety of oral health myths perpetuated through cultural beliefs, the Internet, and in some cases health professionals. Home visitors who have participated in focus groups and served on advisory committees requested specific guidance in how to raise the subject of oral health with families. They recommended that each oral health home visiting lesson plan be only 15 minutes in length, but that it include learning objectives, goal statements for parents, and a brief summary of current evidence-based practices. In addition, they requested ways to introduce the topic to families that would begin a conversation, as well as ideas for demonstrating skills and oral health materials to reinforce the lesson. Home visitors also requested Internet resources from credible organizations to verify the most current recommendations to offer families.

Identified oral health education needs of pregnant women, parents of children, and home visitors are outlined below:

- **Pregnant women.** The importance and safety of professional and personal oral health care during pregnancy, resources for accessing and paying for professional oral health care, and reducing fear of dental visits.
- **Parents.** Current and evidence-based information, visuals that demonstrate skills (pictures and videos), easy-to-understand materials in home language, practical demonstrations with parent and child, interesting and fun activities, use of current social media tools parents trust and use to communicate, materials that reinforce accurate information, and finding/accessing dental offices that treat children by age 1 and accept Medicaid and the Children’s Health Insurance Plan and other dental plans.
- **Home visitors.** Current and evidence-based information with links to respected online resources; specific knowledge about oral health for pregnant women, infants, toddlers and preschoolers; standardized training on a variety of oral health topics; training on how to talk to families about oral health; strategies to individualize approaches to address the needs of infants, children and parents; information on current oral health myths, including anti–water fluoridation propaganda; 15-minute lesson plans; entertaining ways to present messages;
types of supplies needed to demonstrate oral health techniques; materials in one “ready-to-go” toolkit; and a list of community resources to help families access oral health care.

Methods

The committee conducted an environmental scan of oral health resources available training EHS/HS home visitors and for educating families. However, the committee did not confirm that the content of each resource is consistent with current guidelines and recommendations. [Italics added for emphasis]

In addition to conducting a survey on ASTDD and NCH Dental Hygienist Liaisons discussion lists to identify resources that individuals or organizations working with home visitation programs are using, the following data sources were investigated:

- Home Visitor’s Handbook for the Head Start Home-Based Program Option
  [http://eclkc.ohs.acf.hhs.gov/hslc/hs/resources/ECLKC_Bookstore/PDFs/05F613A8CC15D89DAFE1D1568DB0719A.pdf](http://eclkc.ohs.acf.hhs.gov/hslc/hs/resources/ECLKC_Bookstore/PDFs/05F613A8CC15D89DAFE1D1568DB0719A.pdf)
- Early Childhood Learning and Knowledge Center (ECKLC) > NCH > Oral Health > Oral Health Education Materials
- ECKLC > Planning and Curriculum > Definitions and Requirements
- EHS National Resource Center
- Government websites
- Key informant interviews
- National Institute of Dental and Craniofacial Research > Publications
  [https://www.nidcr.nih.gov/orderpublications](https://www.nidcr.nih.gov/orderpublications)
- Sesame Street Oral Health Toolkit: Health Teeth, Healthy Me
  [http://www.sesamestreet.org/parents/topicsandactivities/toolkits/teeth](http://www.sesamestreet.org/parents/topicsandactivities/toolkits/teeth)
- Professional journal articles and publications

The resources are organized into the following categories: 1) home visiting curricula containing oral health content, 2) oral health training resources available to home visitors, 3) oral health curricula for home visitors and families, 4) print materials for families, 5) videos for home visitors and families, and 6) flip charts for home visitors to use with families.
Home Visiting Curricula Containing Oral Health Content


- **Parents as Teachers Foundational Curriculum.** Materials for home visitors who have been trained in the Parents as Teachers model. The materials address child development from prenatal to 36 months; an additional curriculum addressing child development for 3- to 5-year-olds will be available in fall of 2014. Oral health is integrated into a variety of lesson plans. Parents as Teachers. (English and Spanish). Training mandatory. Fee-based. [http://www.parentsasteachers.org](http://www.parentsasteachers.org)

- **Partners for a Healthy Baby** Home visiting curriculum designed to be presented to families through a series of five booklets and handouts from pregnancy to the toddler years (19–36 months). Minimal oral health content is included throughout the curriculum. Florida State University. (English). Training available. Fee-based. [http://www.cpeip.fsu.edu/PHB/](http://www.cpeip.fsu.edu/PHB/)

Oral Health Training Resources Available to Home Visitors


- **Brush Up on Oral Health.** Monthly newsletter designed for HS staff. Each issue contains current, research-based information on a specific oral health topic, as well as practical tips, frequently asked questions, and a healthy snack recipe. NCH. (English). Free/Downloadable. [https://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/center/oral-health/policies-procedures/buoh.html](https://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/center/oral-health/policies-procedures/buoh.html)


- **Open Wide: Oral Health Training for Health Professionals.** Curriculum designed for health and early childhood professionals working in community settings. A series of four modules present information on tooth decay, risk factors, and prevention; explains how to perform an oral health risk assessment and oral health screening; and highlights anticipatory guidance to
share with parents. OHRC. (English). Free/Online.  
www.mchoralhealth.org/OpenWide/index.htm

- **Oral Health During Pregnancy and Early Childhood: Evidence-Based Guidelines for Health Professionals.** Guidelines to assist health professionals in delivering oral health services to pregnant women and children. Practice guidelines for community-based programs are included. CDA Foundation. (English). Free/Downloadable.  

- **Oral Health from Pregnancy Through the Toddler Years: An Oral Health Education Program for Early Head Start.** Program to give EHS staff the knowledge they need to talk with parents about oral health. Topics include oral care for pregnant women, understanding tooth decay, home care, fluoride, visiting the dentist, nutrition and feeding practices, injury prevention, and common questions and answers. Brochures and tip sheets for pregnant women and parents are also included. Colgate Bright Smiles, Bright Futures. (English, handouts also available in Spanish). Free/Downloadable.  

Oral Health Curricula for Home Visitors and Families

- **Bright Smiles, Bright Futures.** Curriculum for HS classrooms that can be adapted for home-based programs. The curriculum contains eight modules, including The Relationship of Oral Health to Systemic Health; Child Oral Health; Caries Risk Assessment, Fluoride Varnish and Counseling, and Oral Health and the Pregnant Patient. The modules include annotated presenter notes, companion videos, PDFs of the implementation guide, educational objectives, test questions, and a listing of resources. Society of the Teaching of Family Medicine. (English). Free/Online/Downloadable.  
http://www.smilesforlifeoralhealth.org/buildcontent.aspx?tut=555&pagekey=62948&cbrecipient=0

- **Cavity Free Kids: Early Start. Oral Health Education for Pregnant Women, Infants and Toddlers.** Curriculum for EHS/HS programs. The curriculum includes four units for families, addressing how to care for teeth; why baby teeth are important, how tooth decay gets started and how to prevent it, and where families can find oral health care. Early childhood educators are provided with tools on how to incorporate oral health concepts into classroom activities, home visits, parent education and family fun nights. Additional references, parent materials, and tools for staff training are also included. Washington Dental Service Foundation. (English and Spanish). Training available. Fee-based.  
http://www.cavityfreekids.org/curriculum

- **Cavity Free Kids: For Preschoolers and Their Families.** Curriculum for EHS/HS programs. The curriculum includes five units for families addressing cleaning teeth, dental checkups, importance of teeth, what hurts or weakens teeth, and keeping teeth strong. Designed for the
classroom, but can be adapted for home visiting. References, parent materials, and tools for staff training are also included. Washington Dental Service Foundation. (English and Spanish). Training available. Fee-based. [http://www.cavityfreekids.org/curriculum](http://www.cavityfreekids.org/curriculum)

- **Healthy Teeth, Healthy Me: Sesame Street Oral Health Toolkit.** Website provides resources for children, families, and child care providers. Users can download handouts and activity worksheets from the website. Interactive online games for children are also available. Sesame Street. (English and Spanish). Free/Interactive/Downloadable. [http://www.sesamestreet.org/parents/topicsandactivities/toolkits/teeth](http://www.sesamestreet.org/parents/topicsandactivities/toolkits/teeth)

- **Help Me Smile: Oral Health Risk Assessment Protocols, Training Modules, and Educational Materials for Use with Families of Young Children.** Materials designed for home visitors or other non-oral health professionals to use with families. The curriculum is divided developmentally by age group from infancy through adolescence. Topics include fluoride, brushing and flossing, tooth decay, white spots on teeth, nutritious snacking, and “lift-the-lip” protocols for infants and young children. An introductory video, assessment tools, annotated flip cards and handouts are integrated into the curriculum. Ohio Department of Health, Bureau of Oral Health Services. (English, handouts available in Spanish). Free/Downloadable. [http://www.mchoralhealth.org/materials/multiples/helpmesmile](http://www.mchoralhealth.org/materials/multiples/helpmesmile)

- **Teeth for Tots: Oral Health Education for Parents and Caregivers of Infants and Toddlers.** Curriculum for home visitors to use with parents of infants and toddlers (through 36 months). The curriculum contains 14 modules providing goals, outcomes, evidence-based oral health content for home visitors, supplies, and 15-minute lesson plans that employ a motivational interviewing approach. The content includes a caries-risk-assessment questionnaire to help identify learning goals and modules addressing oral health care for newborns, importance of primary teeth, age 1 dental visit, tooth decay process, fluoride, toothbrushing, weaning, nutrition, oral habits, dental first aid, medications, and special conditions. Kansas Head Start Association. (English and Spanish). Training available. Fee-based. [https://www.ksheadstart.org/oral-health](https://www.ksheadstart.org/oral-health)


- **Tooth Tutor: A Simplified Oral Health Curriculum for Pre-K to Grade 12, 2nd edition.** Curriculum designed for classrooms that can be adapted for home visits with families of toddlers. The curriculum contains 10 units with background information for teachers/home visitors, covering topics on the importance of a healthy mouth, tooth development, the decay process, preventing tooth decay, injury prevention, nutrition, and dental visits. Class activities are tailored to different grades (Pre-K to grade 12) and include handouts for each activity as well as accompanying letters to parents, available in English and Spanish. Washington State Department of Health. (English). Free/Downloadable. [http://here.doh.wa.gov/materials/tooth-tutor/15_ToothTutor_E11L.pdf](http://here.doh.wa.gov/materials/tooth-tutor/15_ToothTutor_E11L.pdf)
Print Materials for Families


- **Fast Facts.** Handouts for parents in EHS/HS home visiting programs that address the following topics: oral assessment, bottle feeding/sippy cups, nutrition, fluoride toothpaste, and pregnancy. Kansas Head Start Association. (English and Spanish). Fee-based. [https://www.ksheadstart.org/oral-health](https://www.ksheadstart.org/oral-health)


- **A Healthy Mouth for Your Baby and A Healthy Mouth for Your Child.** Also available for American Indian and Alaska Native families. Brochure that explains why baby teeth are important, gives tips on how to prevent early childhood tooth decay, and promotes the age 1 dental visit. National Institute of Dental and Craniofacial Research. (English and Spanish). Downloadable. [https://catalog.nidcr.nih.gov/OrderPublications/default.aspx](https://catalog.nidcr.nih.gov/OrderPublications/default.aspx)


- **A Healthy Smile for Your Baby: Tips to Keep Your Baby Healthy and A Healthy Smile for Your Young Child: Tips to Keep Your Child Healthy.** Brochures to provide mothers with information about how to ensure that their infant or child enjoys the best possible oral health. Tips are provided on how to take care of an infant’s or young child’s mouth, the best foods to offer, getting oral health care, and maintaining the mother’s oral health. OHRC. (English and Spanish). Free/Downloadable. [http://www.mchoralhealth.org/materials/consumerbrochures.html](http://www.mchoralhealth.org/materials/consumerbrochures.html)

Oral Health Educational Resources for Early Head Start and Head Start Home Visitors and Families

Environmental Scan

- **Show Me Healthy Smiles for a Healthy Life.** Brochure describing steps for families to follow for good oral health for infants, children, and pregnant women. Missouri Department of Health and Senior Services. Free/Downloadable.  
  [http://health.mo.gov/living/families/oralhealth/pdf/ShowMeHealthySmilesforHealthyLife.pdf](http://health.mo.gov/living/families/oralhealth/pdf/ShowMeHealthySmilesforHealthyLife.pdf)


- **Two Healthy Smiles: Tips to Keep You and Your Baby Healthy.** Brochure designed to provide parents with information about the importance of oral hygiene and oral health care during pregnancy and after their infant is born. Tips are provided on oral hygiene, eating healthy foods, obtaining oral health care, and caring for the infant’s gums and teeth. OHRC. (English and Spanish). Free/Downloadable.  

**Videos for Home Visitors and Families**

- **Baby’s First Smiles: Pass It On.** DVD (50 minutes) on motivating families to establish routines, eat healthy foods, and visit the dentist to prevent poor oral health in children. Contents include interviews with parents from a variety of cultural groups that show professionals interacting with infants and children. Home visitors, teachers, dentists, and pediatricians in their own communities deliver messages about oral health and best practices. Webfish Pacific and Small Boat Productions. (English and Spanish). Fee-based.  

- **Dental Care for Children with Autism.** Video (6:40 minutes) featuring David Tesini, DDS, demonstrating skills to help coach parents of children on how to achieve appropriate behavior during an oral examination. NLM Family Foundation. (English). Free/Online.  
  [https://www.youtube.com/watch?v=artQFd6osQ](https://www.youtube.com/watch?v=artQFd6osQ)

- **Dental Health for Children with Autism.** Video (10:09 minutes) that provides tips for improving oral hygiene at home, as well as tips on how to make a dental visit less stressful and more productive. A **Dental Guide** is also available for download from the website. Autism Speaks. (English). Free/Online.  

- **From Drool to School: Caring for Your Child’s Oral Health From the Drool Years Through the School Years.** Video (4:03 minutes) that accompanies the *Drool to School* booklet (see Print Materials for Families). Delta Dental Foundation and Michigan Dental Association Foundation (English). Free/Download.  
  [http://www.deltadentalmi.com/droolschool](http://www.deltadentalmi.com/droolschool)

- **Healthy Children Healthy Smiles.** Series of training videos for HS staff, teachers, and parents that provides information about developing good oral health habits. There is an introduction plus six video segments. The first five sections discuss different aspects of oral health. The sixth section, for HS staff only, outlines specific aspects of HS program performance standards and resources that relate to oral health. Iowa Department of Public Health, Oral Health Center. (English). Free/Online.  
  [https://www.youtube.com/results?search_query=healthy+children+happy+smiles](https://www.youtube.com/results?search_query=healthy+children+happy+smiles)
• **Healthy Mouths for You and Your Baby.** Video (12-minutes) aimed at educating mothers on good oral health practices for themselves and their families. The video addresses a gap in oral care knowledge that exists among the public, especially among families with low incomes. Horowitz Center for Health Literacy at the University of Maryland School of Public Health and the DentaQuest Foundation. (English). Free/Online. https://www.youtube.com/watch?v=ycTettc04YI&index=1&list=FLLzdsOMVvV6cpG4Ym2kfvrQ

• **Nothing But the Tooth.** Video (6:37 minutes) on oral health and oral hygiene for pregnant and parenting women and their infants. The content focuses on oral health practices during pregnancy as well as the importance of breastfeeding for healthy oral development, cleaning an infant’s gums, avoiding frequent and prolonged eating, avoiding utensil-sharing, and scheduling the first dental visit on or before an infant’s first birthday. Texas Department of State Health Services and the Texas Oral Health Coalition. (English and Spanish). Free/Online. English version: https://www.youtube.com/watch?v=4m41tR3s9sE Spanish version: https://www.youtube.com/watch?v=vuYTLjXG-do

• **Preventing Early Childhood Caries.** Video (10:11 minutes) featuring Dr. David Zamora, provides parents with information on how to prevent tooth decay and maintain proper oral health in young children, while dispelling some common myths. Tuality Healthcare Foundation. (English and Spanish). Free/Online. English version: https://www.youtube.com/watch?v=_ZMacipkzRY Spanish version (12:57 minutes): https://www.youtube.com/watch?v=z7Vomtep6ZA

• **Promoting Your Child’s Oral Health.** DVD (15 minutes) demonstrating practices for parents to promote their toddler’s oral health, including screening, dealing with resistance to toothbrushing, healthy food choices and eating practices, and oral health care. University of Iowa, Department of Pediatric Dentistry. (English and Spanish). Fee-based. Contact: Karin-weber@uiowa.edu

• **Supporting Families to Improve Oral Health in Hawaii’s Keiki.** Video (6:30 minutes) designed to engage health professionals in partnering with families to improve oral health in infants enrolled in EHS. Topics include the importance of healthy primary teeth, gum cleaning and toothbrushing, the role of home visiting in improving infant oral health, dental visit tips, and the importance of role models for children in promoting oral health over the life course. Hawaii Dental Home Initiative State Team / Webfish Pacific. (English). Free/Online. https://www.youtube.com/watch?feature=player_embedded&v=XIJzLREa-Ys

• **Take Time for Teeth.** Video (6:46 minutes) on early childhood tooth decay prevention and intervention. Texas Department of State Health Services. (English). Free/Online. https://www.youtube.com/watch?v=GlZ339mD8vw

• **Tooth Talk.** Website for EHS, HS, and other early child care providers. The site includes articles and tips on oral health issues, resources and links, and short instructive videos (listed below). The University of North Carolina-Chapel Hill Gillings School of Global Public Health and North Carolina Division of Public Health, Oral Health Section. (English). Free/Online. Website: http://toothtalk.web.unc.edu
  - **Fluoride Varnish for Baby’s Healthy Smile:** http://vimeo.com/100506993
  - **How to Talk with Parents:** http://vimeo.com/100315519
  - **Doctors and Baby Teeth:** http://vimeo.com/100315517
  - **Why Babies Need a Dental Home:** http://vimeo.com/100315516
  - **Motivational Interviewing for Kids’ Healthy Smiles:** http://vimeo.com/94031424
• **Babies and Bottle-Weaning:** [http://vimeo.com/94031139](http://vimeo.com/94031139)
• **Baby Those Baby Teeth:** [http://vimeo.com/92149455](http://vimeo.com/92149455)
• **Healthy Teeth, Healthy Pregnancy, Healthy Baby:** [http://vimeo.com/92149454](http://vimeo.com/92149454)
• **Tooth Talk Moments:** [http://vimeo.com/84873378](http://vimeo.com/84873378)
• **Healthy Teeth Mean Healthy Kids:** [http://vimeo.com/84396151](http://vimeo.com/84396151)
• **Healthy Teeth Are Good for Kids:** [http://vimeo.com/84396150](http://vimeo.com/84396150)
• **Toothbrushing Tips for Kids:** [http://vimeo.com/84396149](http://vimeo.com/84396149)
• **Toothpaste Recommendations for Young Children:** [http://vimeo.com/84396148](http://vimeo.com/84396148)

**Flip Charts for Home Visitors to Use with Families**

• **Healthy Smiles for Young Children.** Flip chart with pictures and short messages that describe toothbrushing for infants and toddlers, nutrition, signs of tooth decay, and dental treatment; accompanied by a page with educational tips for home visitors. Department of Pediatric Dentistry, University of Iowa. (English and Spanish) Fee-based. Contact: Karin-weber@uiowa.edu

• **Learn to Lift the Lip and Prevent Tooth Decay.** Flip chart showing pictures of early childhood tooth decay and steps that parents and caregivers can use to look at children’s mouth and teeth for signs of disease. Topics include importance of baby teeth, signs of tooth decay, and treatment for early signs of decay. University of Washington. (English) Free/Downloadable. [http://www.dcdclinic.org/uploads/2/1/1/7/2117140/english.pdf](http://www.dcdclinic.org/uploads/2/1/1/7/2117140/english.pdf)


• **A Pediatric Guide to Children’s Oral Health.** Flip chart to help pediatricians educate patients about oral health. Addresses primary teeth, early childhood caries, feeding practices, non-nutritive sucking, fluoride modalities, toothbrushing, and fluoride varnish. Includes pictures and speaker notes. American Academy of Pediatrics. (English and Spanish). Print copies fee-based/Free/Downloadable. [https://www2.aap.org/oralhealth/PediatricGuides.html](https://www2.aap.org/oralhealth/PediatricGuides.html)