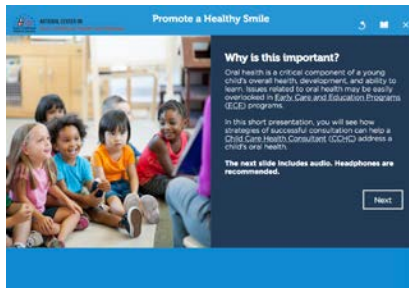




Oral Health Resources

Resources for Child Care and Head Start Staff



Applying Consultation Skills to Oral Health Promotion
<https://eclkc.ohs.acf.hhs.gov/oral-health/learning-module/applying-consultation-skills-oral-health-promotion>

This module uses a case study approach to identify successful consultation strategies child care health consultants can use to address children’s oral health. Strategies include connecting with the child’s family, training program staff, and implementing a toothbrushing protocol. This module is one in

a series of skill-building modules intended to enhance consultation skills, including creating collaborative relationships with programs, using cultural competence to solve problems, identifying and resolving concerns, improving communication skills, and building trust with programs.

Brush Up on Oral Health

<https://eclkc.ohs.acf.hhs.gov/oral-health/article/brush-oral-health-tip-sheets>

These monthly tip sheets provide Head Start staff with information on current practice and practical tips to promote good oral health. Every tip sheet also includes a simple recipe for a healthy snack that can be made in the classroom or at home.



Choose and Use: Head Start Oral Health Curricula

<https://www.mchoralhealth.org/headstart/curricula>

This guide provides information about oral-health-related curricula appropriate for use in Early Head Start and Head Start programs. Users can search by audience, topics, and availability to find the curriculum that best fits their needs. A matrix to view all the curricula at a glance is also available from the website.



Fluoride

<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/fluoride-2018.pdf>

This document provides information about how fluoride can prevent tooth decay and how people receive fluoride. The document discusses Head Start program policies and procedures related to fluoride and offers tips to help parents understand why fluoride is important and how to use it properly. A graphic showing the correct amounts of toothpaste to use for infants and children and information that can be included in a Head Start program's family newsletter are included.

I Like My Teeth

<https://eclkc.ohs.acf.hhs.gov/oral-health/article/oral-health-resources-staff>

These posters share simple, positive messages about brushing children's teeth with fluoride toothpaste, drinking fluoridated water, eating healthy foods, and talking to the dentist or doctor about fluoride treatments for children. The posters are available in English and Spanish.



Oral Health: Tips for Health Managers

<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/oral-health-staff-tips.pdf>

This tip sheet for health managers provides information about how to promote good oral health for parents, pregnant women, and children. The tip sheet explains why oral health is important for pregnant women and children and lists 10 things health managers should know about oral health.

Steps for Toothbrushing at the Table: Growing Healthy Smiles in Early Care and Education Programs

<https://eclkc.ohs.acf.hhs.gov/video/steps-toothbrushing-table-growing-healthy-smiles-early-care-education-programs>

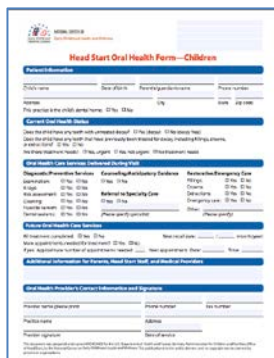
This video provides child care and Head Start staff with information about how children can brush their teeth as a group at the table. The video shows a Head Start teacher modeling brushing at the table, while the children also brush with her guidance. Instructions for how to prepare the area, clean up after brushing, and safely store toothbrushes are included. The video also shows a dentist explaining how toothbrushing with fluoride toothpaste can help prevent tooth decay. A transcript of the video and related resources for staff are available.



Resources for Oral Health Professionals

Getting to Know Me (forthcoming)

This form for parents to bring to their child’s dental appointment provides space for parents to fill in information about their child to help dental office staff understand and meet the child’s needs. The form includes space for basic facts such as the child’s name, age, and language. It also asks for more detailed information about topics such as what the child does well and what makes him or her feel good, the child’s favorite foods and drinks, and things that might bother the child about the dental office. The form is available in English and Spanish.

A form titled "Getting to Know Me" for dental appointments. It includes a header with photos of diverse children and the title. Below is a section for "Parental Consent" with checkboxes for "I consent" and "I do not consent". The form asks for the child's name, date of birth, and gender. It also asks for the parent's name and phone number. There are sections for "When I see you with my child, how do you prefer to be addressed?" and "When I see you with my child, how do you prefer to be addressed?". There are also sections for "Things that make me smile or feel good" and "Things that might bother me about the dental office".A form titled "Head Start Oral Health Form—Children". It includes a header with the Head Start logo and the title. Below is a section for "Child Information" with fields for "Child's name", "Date of birth", "Parent/guardian name", and "Phone number". There is a section for "Parent Information" with fields for "Parent/guardian name" and "Phone number". There is a section for "Medical Information" with fields for "Allergies", "Current medications", "Recent dental visits", "Dental home", "Dental insurance", "Dental insurance provider", "Dental insurance policy number", "Dental insurance expiration date", "Dental insurance contact name", "Dental insurance contact phone number", "Dental insurance contact address", "Dental insurance contact email", "Dental insurance contact fax number", "Dental insurance contact website", "Dental insurance contact other information".

Head Start Oral Health Forms

<https://eclkc.ohs.acf.hhs.gov/oral-health/article/oral-health-forms>

Head Start Oral Health Form—Children

Head Start Oral Health Form—Children and Pregnant Women

Head Start Oral Health Form—Pregnant Women

Sample Provider Letter

These forms serve as records of a pregnant woman’s or child’s dental visit. The forms include space for information about dental home, current oral health status, and what oral health care services were delivered during the dental visit. The forms also provide space for information about what oral health care services the child or woman needs and information for the woman or parent, Head Start staff, or health professionals. A sample provider letter is also available.

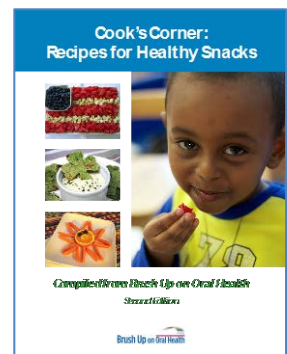
Resources for Families

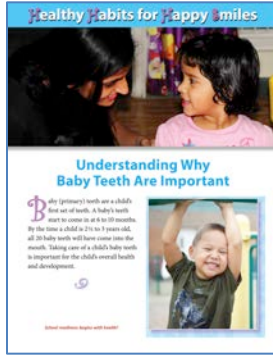
Cook’s Corner: Recipes for Healthy Snacks—Compiled from Brush Up on Oral Health, 2nd edition

<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/cookbook-recipes-healthy-snacks.pdf>

<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/cookbook-recipes-healthy-snacks-esp.pdf>

This cookbook includes recipes that support children’s healthy growth and development with ingredients that are fresh, low in fat, and high in fiber. The cookbook is divided into recipes for dairy, fruit, vegetables, and more. Each recipe includes a list of ingredients, directions, a picture of the prepared recipe, and, where needed, safety tips. The cookbook is available in English and Spanish.





Healthy Habits for Happy Smiles

<https://eclkc.ohs.acf.hhs.gov/oral-health/article/healthy-habits-happy-smiles>

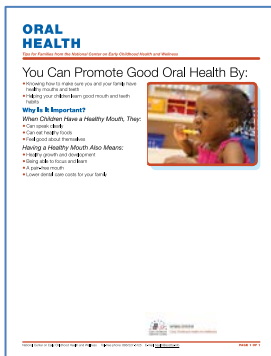
<https://eclkc.ohs.acf.hhs.gov/es/salud-oral/articulo/habitos-sanos-para-sonrisas-felices>

This series of handouts for pregnant women and parents of infants and young children provides simple tips on oral health issues. The handouts are available in English and Spanish.

Healthy Smiles: Oral Health Webinar for Spanish-Speaking Parents

<https://eclkc.ohs.acf.hhs.gov/video/healthy-smiles-oral-health-webinar-spanish-speaking-parents>

This archived webinar offers key oral health messages and best practices for pregnant women, infants, and young children. Topics include causes of tooth decay; the impact of tooth decay on pregnant women, infants, and young children; and strategies for preventing oral diseases in this population. Head Start staff can use the webinar to host viewing parties for Spanish-speaking parents.



Oral Health: Tips for Families

<https://eclkc.ohs.acf.hhs.gov/publication/health-tips-families-oral-health>

This tip sheet for families provides information about how to promote good oral health. The tip sheet explains why oral health is important and lists simple things that parents can do to help ensure that their child has a healthy mouth. The tip sheet is available in Amharic, Arabic, Burmese, Chinese, English, Hmong, Somali, Spanish, and Vietnamese.

Questions to Ask When Looking for a Dental Office

<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/dental-office-questions.pdf>

This handout for parents presents questions to ask a dental office before making an appointment for themselves or their child. Questions cover topics such as the type of insurance the dental office accepts, whether staff have special training or experience treating young children, whether the office is accessible by public transportation, and more.

