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**ORAL HEALTH EDUCATIONAL RESOURCES  
FOR HOME VISITORS AND FAMILIES:  
ENVIRONMENTAL SCAN**

2018 Update

*Prepared by*

Association of State and Territorial Dental Directors (ASTDD)  
Early Childhood Committee

**Contents**

INTRODUCTION ..... 1

BACKGROUND - OVERVIEW OF HOME VISITING PROGRAMS..... 1

METHODS ..... 2

OVERVIEW ..... 2

DISCUSSION ..... 3

    Gaps Identified in Oral Health Educational Resources for Home Visiting..... 3

    Opportunities to Promote Oral Health in Home Visiting Programs ..... 4

SUMMARY ..... 5

ENVIRONMENTAL SCAN:

ORAL HEALTH RESOURCES FOR HOME VISITORS AND FAMILIES..... 6

    Curricula for Home Visitors and Families ..... 6

    Training Resources for Home Visitors ..... 8

    Print Materials ..... 10

    Videos for Home Visitors and Families ..... 12

    Flip Charts for Home Visitors to Use with Families ..... 15

APPENDIX A: ENVIRONMENTAL SCAN DATA SOURCES ..... 17

APPENDIX B: EXPRESSED NEEDS OF HOME VISITORS, PREGNANT  
WOMEN AND PARENTS RELATED TO ORAL HEALTH RESOURCES..... 18

APPENDIX C: OUTCOMES OF ORAL HEALTH EDUCATION IN HOME VISITING  
PROGRAMS ..... 19

# **Oral Health Educational Resources for Home Visitors and Families: Environmental Scan 2018 Update**

## **INTRODUCTION**

The Association of State and Territorial Dental Directors (ASTDD) Early Childhood Oral Health Committee, Home Visiting Subcommittee, updated *Oral Health Educational Resources for Early Head Start and Head Start Home Visitors and Families: Environmental Scan* produced by the National Center on Early Childhood Health and Wellness in 2014. This update identifies oral health educational resources for home visitors and the families they serve. The environmental scan also addresses gaps in existing oral health resources and opportunities to promote oral health in home visiting programs. Appendix A lists the data sources used for the scan; Appendix B is a summary of expressed needs of home visitors, pregnant women and parents related to oral health; and Appendix C includes outcomes of oral health education in home visiting programs. The primary target audiences for this scan are state and local oral health programs.

## **BACKGROUND - OVERVIEW OF HOME VISITING PROGRAMS**

Home visiting programs utilize home visitors to deliver parent education to at-risk pregnant women and parents of young children through regularly planned home visits. The home visitor also links families to needed health and social services. Home visiting program service models vary in targeted outcomes (e.g., health, child abuse prevention, and school readiness), target population, and timing, duration and frequency of the home visits. For example, Early Head Start home-based programs serve pregnant women and children from birth to age three, providing 90-minute home visits weekly and two monthly parent socialization opportunities. In contrast, Family Connects provides a total of three home visits to parents of children from birth to age 11 months. Some home visiting programs specify the education level required for their home visitors and have a standardized curriculum they use with families, while other programs may be more flexible.

In general, 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 as well as 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 easy-to-understand information and skills for families to adopt. Their challenge 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 disease and injuries; hands-on demonstrations; games; and print materials in the parent's home language to reinforce the lesson.

## METHODS

The committee conducted an environmental scan of oral health resources available for training 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. The committee identified several resources through a survey conducted on the ASTDD and dental hygienist liaisons' discussion lists in 2014 and investigated several data sources in 2014 and 2018. (Appendix A)

Due to the vast number of oral health materials available, the committee chose to include only resources that are 1) comprehensive in nature, 2) part of a comprehensive series, or 3) audience specific (e.g., American Indian/Alaskan Native children, children with disabilities).

## OVERVIEW

A wide range of oral health educational materials addressing perinatal and early childhood oral health topics are available to home visitors and families in home visiting programs. Several of the resources respond to requests from home visitors and families for oral health materials that are evidence-based, easy-to-understand, and include pictures or videos. (Appendix B) In addition, home visitors want resources that provide simple prevention strategies to reduce oral disease risk along with communication strategies and activities to engage families in adopting good oral health practices.

There are more oral health educational resources available to home visitors and the families they serve than there were when the original environmental scan was released in 2014; however, some gaps still exist in content and format. The resources identified in the scan address major oral health topics (e.g., toothbrushing, feeding and eating practices, importance of fluoride, how to locate and establish a dental home, and how to utilize dental insurance such as Medicaid).

Many home visitors report a lack of oral health knowledge and a lack of confidence in their ability to provide oral health information to families. They also report challenges in responding to contradictory oral health messages families receive from other family members, the Internet, or local health professionals. (Appendix B)

National home visitation curricula, such as (1) *Beginnings Guides: Beginnings Pregnancy Guide* and *Beginnings Parent's Guide*, (2) *Parents as Teachers Foundational Curriculum*, (3) *Partners for Healthy Baby*, (4) *Partners In Parenting Education*, and (5) *Family Spirit* contain limited oral health information.

## DISCUSSION

Currently, oral health information in home visitation curricula is integrated within broader content areas such as children’s developmental stages, making it difficult for home visitors to easily find answers to specific oral health questions.

### **Gaps Identified in Oral Health Educational Resources for Home Visiting**

The committee identified the following gaps in the existing oral health resources for home visitors and the families they serve.

- *Oral health needs assessment.* Home visitors develop lesson plans based on a needs assessment to determine a family’s strengths, current practices, need for information and skill development. Recommendation: Home visitors would benefit from inclusion of oral health in the needs assessments to engage families and determine their need for oral health information, dental care and adoption of healthy oral health practices.
- *Communication strategies.* Home visitors report struggling to initiate conversations with families about oral health topics and the challenge of getting families to adopt healthy 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 families to talk about their oral health concerns and needs. There are limited oral health curricula that facilitate interactive communication between home visitors and families. Recommendation: Health education that includes partnering with families using health coaching techniques are an effective and positive way to support families with oral health decision making and the adoption of healthy practices. Motivational interviewing is a popular and respected model of health coaching that integrates education, dialogue, and shared responsibility between families and home visitors.
- *Pregnant women.* Poor oral health during pregnancy can affect women’s overall health and well-being. Programs that target pregnant women provide many opportunities for home visitors to advise pregnant women about the importance of oral health during pregnancy. The home visit also may provide an 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. Recommendation: Oral health curricula should address the importance and safety of getting 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 that promote good oral health.
- *Specialized oral health care.* Oral health care is the leading unmet health need among children and adolescents with special health care needs. The biggest gap in resources is the lack of educational materials providing comprehensive information for pregnant women, children, and adolescents needing specialized oral health care.
  - ✓ *Autism.* Only a few resources are available that address oral health care for children with autism. All the resources identified were available in English only.

- ✓ *Children with physical and developmental disabilities.* Children from birth to age five with medical, physical, or developmental conditions have increased risk for oral health problems and may require increased attention to oral hygiene and oral health care. Children born with cleft lip/cleft palate require specialists for diagnosis and care. Children on a feeding tube need to have routine oral care. Parents whose children cannot hold their mouths open for toothbrushing benefit from demonstrations and different types of brushes. Recommendation: Home visitors who serve pregnant women and families with children who have developmental, physical, and behavioral health conditions that affect their ability to maintain good oral health would benefit from additional oral health training and resources
- *Adverse childhood experiences and domestic violence.* 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. Recommendation: Oral health materials that address emotional and behavioral conditions are needed.

### **Opportunities to Promote Oral Health in Home Visiting Programs**

The following opportunities to promote oral health in home visiting programs were identified from focus groups, listening sessions, informal interviews, and surveys conducted in Arizona, Iowa, Kansas, and Wisconsin. (Appendix B)

- *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, provide 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 such as toothbrushing and flossing, parent positions for brushing a child's teeth, and looking in a 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 feeling more confident and comfortable 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.

## SUMMARY

### Key Findings from the Environmental Scan

The committee summarized the following key findings from the environmental scan.

- 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 a 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 has not been adapted to an appropriate health literacy level for home visitors.
- Home visiting program policies that include oral health training for home visitors during onboarding and periodic training updates are limited.
- 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 pregnant women, children, and adolescents 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 families, demonstration supplies, and other resources needed.

Studies 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. (Appendix C) Home visitors that receive comprehensive oral health training are more confident in delivering oral health education to parents. Families prefer visual and hands-on methods for delivery of oral health messages. In addition, the home visitor is more effective when partnering with families to provide oral health education using a family-centered approach. (Appendix B)

Most comprehensive oral health training resources are designed for health professionals and require adaptation for training home visitors. Home visitors are best prepared for home visits involving oral health when they have access to stand-alone, comprehensive, standardized, and easy-to-understand oral health training.



## ENVIRONMENTAL SCAN: ORAL HEALTH RESOURCES FOR HOME VISITORS AND FAMILIES

The environmental scan of oral health educational resources listed below are organized into the following categories:

- Curricula for home visitors and families
- Training resources for home visitors
- Print materials for families
- Videos for home visitors and families
- Flip charts for home visitors to use with families

### Curricula for Home Visitors and Families

- *Bright Smiles, Bright Futures*
  - ✓ *Oral Health from Pregnancy Through the Toddler Years: An Oral Health Education Program for Early Head Start.* Manual for EHS educators provides information and resources on oral health and oral health care during pregnancy and early childhood (from birth to age 3). Topics include oral health 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 and Spanish) Free/Downloadable.  
<http://www.colgate.com/CP15/en/us/oc/bright-smiles-bright-futures/program-materials/for-teachers/printables/Oral-Health-Education-Program-Teachers-Guide-For-Early-Head-Start.pdf>
  - ✓ Curriculum for HS classrooms that can be adapted for home-based programs. The curriculum includes a teacher's guide with classroom activities, an oral health guide for teachers, a storybook, posters, and parent handouts. Colgate Bright Smiles, Bright Futures. (English and Spanish) Free/Downloadable.  
<http://www.colgate.com/app/BrightSmilesBrightFutures/US/EN/Program-Materials/For-Educators/Teachers.cvsp>
- *Brush!* Curriculum designed to assist early childhood educators in helping infants and young children from birth to age 5 and their parents establish good daily oral hygiene habits and visit the dentist regularly. Components include newsletters and text messages for parents, books, a DVD, and monthly brushing charts for children. The parent materials, the books and brushing charts are available in English and Spanish. Training is also available. Fee-Based.  
<http://brushdental.org/>
- *Brush Curriculum Kit for Children with Special Needs.* A toolkit designed to address the unique oral health challenges for children with special needs. The kit Includes: Healthy Baby Teeth for Children with Special Needs: Flip Chart, digital parent handouts, a pediatric mouth model and an oversized toothbrush, an adaptive toothbrush, and a foam tooth model.

(English) McMillan Health. Fee-Based.

<https://brushdental.org/product/brush-curriculum-kit-children-special-needs/>

- *Cavity Free Kids*
  - ✓ *Cavity Free Kids: Home Visiting Resource*. Resource for home visitors designed to help families establish good oral health habits and connect to oral health care. The resources are intended to complement the Cavity Free Kids curriculum and tools that home visitors use with families and can be incorporated into areas that have been addressed previously. Content includes tips on setting and reaching oral health goals and addressing oral health problems or emergencies when they arise. Topics include the importance of primary teeth; brushing, flossing, and rinsing; tooth-healthy foods; drinking water for thirst; and going to the dentist. Arcora Foundation of Delta Dental of Washington. (English) Free/Downloadable.  
<http://cavityfreekids.org/resources/home-visiting-resource>
  - ✓ *Cavity Free Kids: Head Start and Child Care Curriculum*. Curriculum that includes lessons, play-based activities, and complementary parent resources that EHS/HS, child care, and preschool programs can use to teach children and their families about what causes tooth decay and how to prevent it. Topics include the importance of primary teeth; water and tooth-healthy foods; toothbrushing, flossing, and swishing; and visiting the dentist. Contents include circle time lessons, learning center activities, parent handouts, and family-engagement tools. A list of supplies, instructions, and HS learning domains and elements is included. Arcora Foundation, Delta Dental of Washington. (English and Spanish) Free/Downloadable. Training available.  
<http://cavityfreekids.org/resources/head-start-and-child-care-curriculum>
- *Healthy Teeth, Healthy Me*. Toolkit that includes resources designed to help home visitors and parents teach children (ages 2–5) about oral hygiene. Users can download videos, tip sheets, games, quick facts, coloring pages, and resource guides. Topics include toothbrushing, nutrition, and visiting the dentist. Sesame Workshop. (English and Spanish) Free/Interactive/Downloadable.  
<https://www.sesamestreet.org/toolkits/teeth>
- *Help Me Smile: Oral Health Risk Assessment Protocols, Training Modules, and Educational Materials for Use with Families of Young Children*. Curriculum designed for home visitors, lay health workers, and health professionals to promote oral health for pregnant women and families with young children. The curriculum is divided into the following sections: adult/caregiver, infancy, toddler, early childhood, school age, and 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. (Handouts available in English and Spanish) Free/Downloadable.  
<https://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 age 36 months). The curriculum contains 14 modules providing goals, outcomes, evidence-based oral health content suitable 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. Modules address 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. (All recommended supplemental handouts available in English and Spanish) Training available. Fee-based.  
<https://www.saavsus.com/kansas-head-start-association>
- *Teeth for Two: An Oral Health Resource Guide for Those Who Serve Pregnant Women.* Curriculum designed for home visitors to use with pregnant women. The curriculum offers goals, outcomes, oral health evidence-based content suitable for the home visitor, supplies, and 15-minute lesson plans that employ a motivational interviewing approach for each of the nine modules. The content includes an oral-health-risk-assessment questionnaire to help identify learning goals. Modules address oral development of the fetus, oral health risks and care during pregnancy, nutrition, safety of professional oral health care, and oral health care for newborns. Kansas Head Start Association. (All recommended supplemental handouts available in English and Spanish) Training available. Fee-based.  
<https://www.saavsus.com/kansas-head-start-association/>
- *Tooth Tutor: A Simplified Oral Health Curriculum for Pre-K to Grade 12, 2<sup>nd</sup> 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, tooth decay, preventing tooth decay, injury prevention, nutrition, and dental visits. Class activities are tailored to different grades (Pre-K to grade 12) and include handouts and accompanying letters to parents for each activity 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%20ToothTutor%20E11L.pdf)

### **Training Resources for Home Visitors**

- *Bright Futures in Practice: Oral Health Pocket Guide, 3rd edition.* Pocket guide for health professionals presents oral health guidelines for the following periods: pregnancy and postpartum, infancy, early childhood, middle childhood, and adolescence. National Maternal and Child Oral Health Resource Center. (English) Free/Downloadable.  
<http://www.mchoralhealth.org/PDFs/BFOHPocketGuide.pdf>
- *Brush Up on Oral Health.* Monthly tip sheets designed for Head Start staff. Each issue offers research-based information on a specific oral health topic, practical tips, answers to frequently asked questions, and a recipe for a healthy snack. National Center on Early

Childhood Health and Wellness. (English) Free/Downloadable.

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

- *Indian Health Service (IHS) Head Start Oral Health for Head Start Children: Best Practices.* Booklet for EHS/HS staff serving American Indian and Alaska native infants, children, and pregnant women. The booklet outlines best practices for prevention of oral disease and early intervention. Indian Health Service Head Start. (English) Free/Downloadable.  
<http://www.ihs.gov/headstart/documents/OralHealthBestPractices.pdf>
- *IHS Head Start Oral Health: Tools and Resources.* Companion document to *Oral Health for Head Start Children: Best Practices*. The document contains tips and resources to help EHS/HS programs serving American Indian and Alaska Native families meet HS's program performance standards related to oral health and to implement oral health promotion interventions. Indian Health Service Head Start. (English) Free/Downloadable.  
<http://www.ihs.gov/HeadStart/documents/OralHealthToolkit.pdf>
- *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 presents 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. National Maternal and Child Oral Health Resource Center. (English) Free/Online.  
[www.mchoralhealth.org/OpenWide/index.htm](http://www.mchoralhealth.org/OpenWide/index.htm)
- *Oral Health: Tips for Health Managers.* Tip sheet that promotes good oral health habits among pregnant women and children. HS health managers can use these tips to help families prevent tooth decay, choose healthy foods and drinks, learn how fluoride prevents tooth decay, and teach children how to brush their teeth. National Center on Early Childhood Health and Wellness. (English) Free/Downloadable.  
<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/oral-health-staff-tips.pdf>
- *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. California Dental Association Foundation. (English) Free/Downloadable.  
<http://www.mchaccess.org/pdfs/alerts/Guidelines%20During%20Pregnancy%20and%20Early%20Childhood.pdf>
- *Oral Health Care During Pregnancy and Early Childhood: Practice Guidelines.* Guidelines to assist health professionals in delivering oral health services to pregnant women. New York State Department of Health. (English) Free/Downloadable.  
<https://www.health.ny.gov/publications/0824.pdf>

- *Oral Health Care During Pregnancy: A National Consensus Statement*. Statement that provides guidance on oral health care for pregnant women for both prenatal care health professionals and oral health professionals, pharmacological considerations for pregnant women, and guidance for health professionals to share with pregnant women. National Maternal and Child Oral Health Resource Center. (English) Free/Downloadable.  
<https://www.mchoralhealth.org/PDFs/OralHealthPregnancyConsensus.pdf>
- *Partnering with Families to Promote Good Oral Health: A Tiered Approach for Helping Every Family Make Healthy Choices*. Guide to help home visitors and health managers support all families in meeting HS program performance standards. The guide provides strategies for addressing oral health issues during enrollment, between intake and the first 90 days of enrollment, and throughout the year. Additional supportive approaches are also offered for families that need more help and for families that need the most help. Iowa Head Start Association. A decision tree on meeting oral health requirements is also provided. (English) Free/Downloadable.  
<http://www.iowaheadstart.com/Partnering%20with%20Families%20to%20Promote%20Good%20Oral%20Health.pdf>
- *Healthy Smiles Strong Families* is a free, online course that provides home visitors and program administrators the information they need to talk to clients about healthy mouths for themselves and their babies. The course is composed of six, short, self-paced chapters that introduce learners to topics including Pregnancy and Oral Health, Early Childhood Tooth Decay, Toothbrushing for Women and Infants, the Importance of Dental Visits, and Motivational Interviewing. The course is located on the [Strong Families AZ home visiting portal](#). To access the course you must register as a user and create a login.
- *Smiles for Life: A National Oral Health Curriculum*, 3<sup>rd</sup> edition. Curriculum for health professionals containing eight modules that address oral health topics across the life course. Topics applicable to pregnancy and early childhood include 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 for the Teaching of Family Medicine. (English) Free/Downloadable.  
<http://www.smilesforlifeoralhealth.org/buildcontent.aspx?tut=555&pagekey=62948&cbrecept=0>

### **Print Materials**

- *Fast Facts*. Oral Health handouts for parents of children from birth to age 5. Each evidence-based flyer addresses a single topic so that oral health discussions may be customized to fit the needs of the family. The 13 topics include toothbrushing and toothpaste, importance of baby teeth, age 1 dental visits, bottles/sippy cups, nutrition, pregnancy and fluoride. Kansas Head Start Association. (English and Spanish) Fee-based.  
<https://www.saavsus.com/kansas-head-start-association/>

- *From Drool to School: Caring for Your Child's Oral Health from the Drool Years Through the School Years*. Booklet containing information and tips on topics for pregnant women, infants, and children. Topics include oral health care, tooth development, dental visits, nutrition, toothbrushing, braces, preventing dental injuries, and dental emergencies. Activity sheets are also included. Delta Dental Foundation and Michigan Dental Association Foundation. (English) Free/Downloadable.  
<http://www.deltadentalmi.com/MediaLibraries/Global/documents/From-Drool-to-School-Book-DIGITAL-MICHIGAN.pdf>
- *Healthy Teeth Healthy Kids*. Brochure for pregnant women and parents of infants and young children that explains why oral health is important to overall health and provides tips on oral hygiene during pregnancy, infancy, and early childhood. Topics include toothbrushing with fluoridated toothpaste and visiting the dentist. Information about oral health coverage for pregnant women and children and adolescents up to age 20 is also included. (English, Amharic, Arabic, Burmese, Dari [Afghan Persian], Farsi [Persian], Karen, Kinyarwanda, Kreyol [Haitian Creole], Pashto, and Spanish) Maryland Dental Action Coalition. Free/Downloadable.  
<https://healthreach.nlm.nih.gov/document/115/Healthy-Teeth-Healthy-Kids>
- *A Healthy Mouth for Your Baby*. Booklet for parents of infants or toddlers that explains why baby teeth are important, offers tips on how to prevent early childhood tooth decay, and promotes the age 1 dental visit. A companion poster titled *Baby Teeth are Important!* is also available. (English, Spanish, and for American Indian/Alaska Native families.) National Institute of Dental and Craniofacial Research. Print copies can be ordered free of charge.  
<https://catalog.nidcr.nih.gov/OrderPublications/default.aspx#2>
- *Healthy Habits for Happy Smiles*. Parent handouts that provide simple tips on oral health issues to promote good oral health. National Center on Early Childhood Health and Wellness. (English and Spanish) Free/Downloadable.  
<https://eclkc.ohs.acf.hhs.gov/oral-health/article/healthy-habits-happy-smiles>
- *Healthy Smiles for Autism: Oral Hygiene Tips for Children with Autism Spectrum Disorder*. Guide for parents of children with autism provides tools for teaching oral health routines and preparing for dental visits. Topics include toothbrushing and flossing, behavior and sensory modifications, finding a dental team, and visiting the dentist. National Museum of Dentistry. (English) Free/Downloadable.  
<http://vkc.mc.vanderbilt.edu/assets/files/resources/healthy-smiles-for-autism.pdf>
- *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 that provide parents 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 a child's mouth, the best foods to offer, getting oral health care, and maintaining the mother's oral health. National Maternal and

Child Oral Health Resource Center. (English and Spanish) Free/Downloadable.

<https://www.mchoralhealth.org/publications/list.php>

- *Oral Health: Tips for Families*. Handout for parents that outlines practices to promote good oral health for children. National Center on Early Childhood Health and Wellness. (English, Spanish, Arabic, Chinese, Vietnamese, Somali, Hmong, Burmese and Amharic) Free/Downloadable.  
<https://eclkc.ohs.acf.hhs.gov/oral-health>
- *Tiny Smiles*. Website that promotes the importance of oral health of children from birth to age 5 and pregnant women. Provides resources in English and Spanish for educators, dental professionals, and medical professionals. The site features activities for children and family tips that can be downloaded for use in classrooms and office waiting rooms. Scholastic Publisher, partnering with the American Dental Association (ADA) Foundation's Give Kids A Smile. (English and Spanish) Free/Downloadable.  
<http://www.scholastic.com/givekidsasmile>
- *Tips for Good Oral Health During Pregnancy*. Handout for pregnant women with content excerpted from *Oral Health During Pregnancy: A Consensus Statement*. National Maternal and Child Oral Health Resource Center. (English, Spanish, Arabic, Chinese, Korean, Portuguese, Russian and Vietnamese) Free/Downloadable.  
<https://www.mchoralhealth.org/publications/list.php>
- *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. National Maternal and Child Oral Health Resource Center. (English and Spanish.) Free/Downloadable.  
<https://www.mchoralhealth.org/publications/list.php>
- *What to Do for Healthy Teeth: Easy to Read, Easy to Use*. Book that provides consumers with information about good oral health habits. Topics include care of the mouth; teeth and gums; oral health care; a healthy diet; pregnancy; infant's, children's, and adolescents' teeth; adults; emergencies; and illness and the teeth. Institute for Healthcare Advancement. (English and Spanish) Fee-based.  
<https://www.iha4health.org/product/what-to-do-for-healthy-teeth/>

## Videos for Home Visitors and Families

- *Dental Care for Children with Autism*. Video 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) 6:40 minutes. Free/Online.  
<https://www.youtube.com/watch?v=artQFqd6osQ>



- *Dental Health for Children with Autism*. Video 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. Colgate, Phillips Sonicare, and Autism Speaks. (English) 10:09 minutes. Free/Online.  
[https://www.youtube.com/watch?time\\_continue=2&v=HOcA2CT3NL8](https://www.youtube.com/watch?time_continue=2&v=HOcA2CT3NL8)
- *First Smiles*. Video for parents and other caregivers provides information about the importance of oral health in infants and young children. Topics include preventing dental caries in primary teeth; early examination, detection, and treatment; and education. The video shows an oral health professional performing a lap-to-lap examination, applying a fluoride varnish treatment, and encouraging a mother to give her child milk and water rather than juice. Kids Smiles. (English) 3:20 minutes. Free/Online.  
[https://www.youtube.com/watch?v=myFGpBw36\\_c](https://www.youtube.com/watch?v=myFGpBw36_c)
- *Fluoride Varnish: A Part of a Healthy Child*. Video for parents and other caregivers describes fluoride varnish and how it is used to prevent tooth decay in infants and young children. Topics include what fluoride varnish is, how it works, and why it is important for infants' and children's health. Information about the safety and effectiveness of fluoride varnish and the importance of establishing an oral hygiene routine that includes regular oral health visits is included. Minnesota Oral Health Coalition. (English, French, Hmong, Karen, Oromo, Russian, Somali, and Spanish) 2:16 minutes. Free/Online.  
[https://www.youtube.com/channel/UCJn\\_RooxLVcnhojqS92\\_AyQ/videos?view=0&shelf\\_id=0&sort=dd](https://www.youtube.com/channel/UCJn_RooxLVcnhojqS92_AyQ/videos?view=0&shelf_id=0&sort=dd)
- *From Drool to School: Caring for Your Child's Oral Health From the Drool Years Through the School Years*. Video that accompanies the *Drool to School* booklet (see Print Materials for Families). Delta Dental Foundation and Michigan Dental Association Foundation (English) 4:03 minutes. Free/Online.  
<https://www.youtube.com/watch?v=lzxLin7lRoo>
- *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. 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 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) 12 minutes. Free/Online.  
[https://www.youtube.com/watch?v=ycTettc04YI&index=1&list=FLLzdsOMVvV6cpG4Ym2kfv\\_rQ](https://www.youtube.com/watch?v=ycTettc04YI&index=1&list=FLLzdsOMVvV6cpG4Ym2kfv_rQ)



- *Nothing But the Tooth*. Video on oral health and oral hygiene for pregnant and parenting women and their infants that 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) 6:37 minutes. 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 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) 10:11 minutes. Free/Online.
  - ✓ English version: <https://www.youtube.com/watch?v=ZMacipkzRY>
  - ✓ Spanish version: <https://www.youtube.com/watch?v=z7VoMtep6ZA>
- *Promoting Your Child's Oral Health*. DVD 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) 15 minutes. Fee-based. Contact: [Karin-weber@uiowa.edu](mailto:Karin-weber@uiowa.edu)
- *Special Needs Videos*. Video series that addresses oral health challenges for children with specific disabilities. The series includes the following eight videos: The Importance of Oral Health, Finding a Dentist, Down Syndrome, G-Tube and Tracheostomy, Making Toothbrushing Easier, Cerebral Palsy, Cleft Lip, and Autism. McMillan Health. (English) 1-3 minutes. Free/Online. <https://brushdental.org/resources/>
- *Take Time for Teeth*. Video on early childhood tooth decay prevention and intervention. Texas Department of State Health Services. (English) 6:46 minutes. Free/Online. 2008. <https://www.youtube.com/watch?v=GlZ339mD8vw>
- *Tooth Talk*. Website for Early Head Start, Head Start, and other early child care providers. The site includes short instructive videos (listed below) as well as oral health articles, tips, resources and links.. 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>
  - ✓ *All About Fluoride*: <https://vimeo.com/185026475>
  - ✓ *Babies and Bottle-Weaning*: <http://vimeo.com/94031139>
  - ✓ *Baby Those Baby Teeth*: <http://vimeo.com/92149455>
  - ✓ *Doctors and Baby Teeth*: <http://vimeo.com/100315517>
  - ✓ *Fluoride Varnish for Baby's Healthy Smile*: <http://vimeo.com/100506993>

- ✓ *Good Toothbrushing Is Good for Kids:* <https://vimeo.com/185070639>
  - ✓ *Healthy Snacks:* <https://vimeo.com/185038682>
  - ✓ *Healthy Teeth Are Good for Kids:* <http://vimeo.com/84396150>
  - ✓ *Healthy Teeth Mean Healthy Kids:* <http://vimeo.com/84396151>
  - ✓ *Healthy Teeth, Healthy Pregnancy, Healthy Baby:* <http://vimeo.com/92149454>
  - ✓ *How to Talk with Parents:* <http://vimeo.com/100315519>
  - ✓ *Motivational Interviewing for Kids' Healthy Smiles:* <http://vimeo.com/94031424>
  - ✓ *New Rule Eliminating Juice for Infants:* <https://vimeo.com/204048830>
  - ✓ *To Rinse or Not to Rinse:* <https://vimeo.com/193888675>
  - ✓ *Tooth Talk Moments:* <http://vimeo.com/84873378>
  - ✓ *Toothbrushing Tips for Kids:* <http://vimeo.com/84396149>
  - ✓ *Toothpaste Recommendations for Young Children:* <http://vimeo.com/84396148>
  - ✓ *Top 3 Things to Do to Protect a Child's Teeth:* <https://vimeo.com/231399759>
  - ✓ *What's New Doctors and Baby Teeth:* <https://vimeo.com/185070644>
  - ✓ *Why Babies Need a Dental Home:* <http://vimeo.com/100315516>
- *What to Expect at Your Child's First Dental Visit.* Video for parents explaining what happens at an early dental visit. The video shows oral health professionals discussing good oral hygiene and how early and regular professional oral health care can help to establish a positive professional-family relationship and can contribute to healthy child development. TeethFirst! (English with Spanish subtitles) 4:17 minutes. Free/Online. <http://www.teethfirstri.org/content/what-expect-your-childs-1st-dental-visit>
  - *Why Early Dental Visits Matter.* Video for parents and other caregivers explaining why they should take their infant to the dentist by age 1. Oral health professionals discuss good oral hygiene and nutrition and how early and regular professional oral health care can help to establish a positive professional-family relationship and healthy child development. TeethFirst! (English with Spanish subtitles) 4:17 minutes. Free/Online. <http://www.teethfirstri.org/content/why-early-dental-visits-matter>

### **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) Free/Downloadable.
  - ✓ English version: <http://www.iowaheadstart.com/Oral%20Health%20Flip%20Chart.pdf>
  - ✓ Spanish version: Contact [Karin-weber@uiowa.edu](mailto:Karin-weber@uiowa.edu)
- *Learn to Lift the Lip and Prevent Tooth Decay.* Flip chart showing pictures of early childhood tooth decay and steps parents and caregivers can use to look at a child'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>

- *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 may be charged a fee/Downloadable.

<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Oral-Health/Pages/Pediatric-Oral-Health-Flip-Chart-and-Reference-Guide.aspx>

## APPENDIX A: ENVIRONMENTAL SCAN DATA SOURCES

- Child Trends 5: [www.childtrends.org/child-trends-5/5-things-to-know-about-early-childhood-home-visiting/](http://www.childtrends.org/child-trends-5/5-things-to-know-about-early-childhood-home-visiting/)
- Home Visiting Evidence of Effectiveness: Implementing Early Head Start-Home Visiting: <https://homvee.acf.hhs.gov/document.aspx?rid=3>
- Home Visiting Evidence of Effectiveness: Program Model Reports: <https://homvee.acf.hhs.gov/>
- *Home Visitor's Handbook*: <https://eclkc.ohs.acf.hhs.gov/ods/resource/home-visitors-handbook/detail/>
- Early Childhood Learning and Knowledge Center (ECLKC) > Oral Health: <https://eclkc.ohs.acf.hhs.gov/oral-health>
- ECLKC > Curriculum > Choosing a Preschool Curriculum: <https://eclkc.ohs.acf.hhs.gov/curriculum/article/choosing-preschool-curriculum>
- National Center on Early Head Start–Child Care Partnerships (The Partnership Center): <https://eclkc.ohs.acf.hhs.gov/about-us/article/national-center-early-head-start-child-care-partnerships-partnership-center>
- Federal and State Government websites
- Key informant interviews
- National Maternal and Child Oral Health Resource Center (OHRC) > *Head Start Oral Health Curricula: Choose and Use*: <https://www.mchoralhealth.org/headstart/curricula/index.php>
- OHRC > *Oral Health in Head Start: A Resource Guide*, 2<sup>nd</sup> edition: <http://www.mchoralhealth.org/PDFs/HeadStartResourceGuide.pdf>
- National Institute of Dental and Craniofacial Research > Publications: <https://catalog.nidcr.nih.gov/OrderPublications/>
- Sesame Street Oral Health Toolkit: *Healthy Teeth, Healthy Me*: <https://www.sesamestreet.org/toolkits/teeth>
- Professional journal articles and publications

## **APPENDIX B: EXPRESSED NEEDS OF HOME VISITORS, PREGNANT WOMEN AND PARENTS RELATED TO ORAL HEALTH RESOURCES**

*Data sources:* Summary of focus groups, listening sessions, informal interviews, and surveys conducted in Arizona, Iowa, Kansas, and Wisconsin.

Many home visitors report limited current 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 that it is increasingly challenging 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 on 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, home visitors requested information on how to begin an oral health conversation with families and educational materials to reinforce the oral health lesson. Home visitors also requested recommendations for Internet resources from credible organizations to ensure they are sharing evidence-based recommendations with families.

Oral health educational needs of pregnant women and parents identified by 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 languages spoken at home, 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, Children’s Health Insurance Program (CHIP) 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, and children; standardized training on 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.

## APPENDIX C: OUTCOMES OF ORAL HEALTH EDUCATION IN HOME VISITING PROGRAMS

The following studies support oral health education for home visitors and 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.

- Brief educational intervention was associated with increased home visitor knowledge and confidence in communicating oral health messages to Early Head Start (EHS) caregivers and pregnant women. *Source:* Glatt K, Okunseri C, Flanagan D, Simpson P, Cao Y, Willis E. (2016). Evaluation of an oral health education session for Early Head Start home visitors *Journal of Public Health Dentistry* June; 76(3):167–170.
- Study showed children enrolled in Medicaid 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, compared to children enrolled in Medicaid only. *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.
- 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 received 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.