

## **TEETH FOR TWO ORAL HEALTH MODULES**

**Developed by**

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**Kansas Head Start Association Early Head Start Oral Health Initiative**

**Iowa Healthy Smiles Parent Curriculum Initiative**

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### **INTRODUCTION**

**The following modules were developed to be used by parent educators, including home visitors from Early Head Start and other organizations supporting a healthy pregnancy. The content is supported by information and guidance on professional dental and nutrition websites, including The Maternal and Child Health Oral Health Resource Center ([www.mchoralhealth.org](http://www.mchoralhealth.org)) The modules are intended to be a framework on which home visitors design education and training experiences for each pregnant woman they serve.**

- Module I      Effects of mother's oral health on fetus and newborn**
- Module II     Effects of pregnancy on oral health**
- Module III    Dental care during pregnancy**
- Module IV    Gingivitis and periodontitis**
- Module V     Oral hygiene habits**
- Module VI    Action steps to a healthier mouth**
- Module VII   Nutrition**

## **PREGNANCY & ORAL HEALTH MODULE I**

**PRIMARY OUTCOME:** The newborn has healthy teeth, gums, and palate

**SHORT-TERM OUTCOME:** The woman begins to follow a diet appropriate for a healthy pregnancy, including appropriate vitamins

**LESSON OBJECTIVE: Effects Of Mother's Oral Health On Fetus And Newborn – Your oral health during pregnancy can affect your New Born Baby's Oral Health**  
How the woman can increase the potential for her baby to have a healthy mouth by following her physician's advice about food and supplements

### **ACTIVITY:**

#### **Review Oral Health Plan from last meeting**

#### **Use trigger questions to spark curiosity and begin conversation – Samples**

- How far along are you?
- Have you seen pictures of the fetus at this stage of pregnancy?
- When do you think your baby's teeth begin to develop?
- What foods and vitamins do you think best help your baby develop strong, healthy teeth?
- \_\_\_\_\_
- \_\_\_\_\_

#### **Oral Health Demonstration/Hands-on with pregnant woman/family and home visitor -- options**

- Draw/sketch picture of what fetus might look like, given the woman's stage of pregnancy; insert the stages of teeth for that trimester
- Bring example of typical pregnancy multivitamin prescribed by local health department or physicians; look at list of vitamins and amount in each capsule
- Bring magazines with lots of food pictures; create a "refrigerator piece" with the woman by cutting out and pasting "teeth healthy" foods she likes

#### **Share and review handouts**

- Show handout identifying stages of tooth development depending on fetal age
- Leave behind Keep Smiling game from Brushing Buddies  
[http://www.kdhe.state.ks.us/ohi/download/Oral\\_Health\\_GFF\\_2.pdf](http://www.kdhe.state.ks.us/ohi/download/Oral_Health_GFF_2.pdf)
- Bring samples of food and recipes that are easy to make

## Develop oral health plan for next week/month

### **For the pregnant woman/family**

*What I can/will do in the next week to follow through for good oral health*

*Here are questions I have*

*Here are resources and support I need to follow through*

### **For the home visitor**

*Here's what you have asked my help with that I can commit to doing*

*This is the oral health topic we will plan to discuss next time*

## **PARENT MATERIALS:**

- One-page handout showing when teeth, gums, and palate begin developing in the fetus at one month, two months, three months
- Brushing Buddies *Keep Smiling* Game

## **STAFF BACKGROUND INFORMATION:**

- **Premature babies**
- **Low birth-weight babies may have organs that are not fully developed. This can lead to lung problems such as respiratory distress syndrome; have immature organ systems (brain, lungs, and heart), difficulty controlling body temperature and blood sugar levels, and mental retardation. Low birth-weight babies have a higher risk of dying in early infancy than among normal weight babies.**
- **The oral cavity begins forming at 4-6 weeks in utero and the teeth begin at 4 months. A healthy pregnant mother can assist with proper development during this stage, lessening risk for cleft palate and malformed teeth. Therefore a good diet including prenatal vitamins and adequate amounts of folic acid will aid in the proper development of the mouth and teeth. March of Dimes- some genetic predisposition**
- **A pregnant woman should follow her doctor's guidance.**

**Development of fetus' mouth –  
Their healthy development is supported by intake of 400 micrograms of Folic Acid (a B Vitamin), Iron, 1,000 milligrams of Calcium (1,300 mg if under 18), Vitamin A and C.**

**4-5 weeks – primary (baby teeth) tooth buds**

**4-7 weeks – lips**

**8-12 weeks – roof (palate) of mouth**

**12 weeks – primary teeth start to harden**

**6 months – permanent tooth buds**

- **Pregnancy and a Healthy Diet** <http://www.4woman.gov/faq/preg-nutr.htm>
- **Tasty Treats for Teeth** <http://www.kdhe.state.ks.us/ohi/buddies.html>
- **Baby Steps to a Healthy Pregnancy and On-Time Delivery** -- American Academy of Periodontology [www.perio.org/consumer/pregnancy.htm](http://www.perio.org/consumer/pregnancy.htm)

Teeth for Two Curriculum

[MManter@aol.com](mailto:MManter@aol.com)

March, 2005

## PREGNANCY & ORAL HEALTH MODULE II

**PRIMARY OUTCOME:** The woman has healthy teeth and gums

**SHORT-TERM OUTCOME:** The woman practices good oral hygiene during pregnancy

**LESSON OBJECTIVE: Effects of Pregnancy on the Woman's Oral Health**

How the woman can increase her potential to have good oral health during pregnancy and throughout life

**ACTIVITY:**

**Review Oral Health Plan from last meeting**

**Use trigger questions to spark curiosity and begin conversation – Samples**

- Have you heard women say: *Lose a tooth for every pregnancy?*
  - Have you seen a dentist recently? During the year before you became pregnant?
  - Do you have morning sickness?
  - What are your toothbrushing practices after morning sickness?
  - Do your parents have problems with their teeth?
  - Have you noticed any changes in your teeth or gums?
- 
- 

**Oral Health Demonstration/Hands-on with pregnant woman/family and home visitor**

- Demonstrate mixing baking soda with water for a mouth rinse
- Make a list with the woman about all the things that happen during her pregnancy that can affect her oral health
- Bring in samples of foods that help curb morning sickness and are “teeth healthy”

**Share and review handouts**

- Use Teeth for Two brochure: Oral Health is Important
- Review flyer on morning sickness and oral health care
- Review flyers on periodontal disease and bad breath

**Develop oral health plan for next week/month**

**For the pregnant woman/family**

*What I can/will do in the next week to follow through for good oral health*

*Here are questions I have*

*Here are resources and support I need to follow through*

**For the home visitor**

*Here's what you have asked my help with that I can commit to doing*

*This is the oral health topic we will plan to discuss next time*

**PARENT MATERIALS:**

Flyer describing caring for teeth during morning sickness  
Flyers from ADHA on periodontal disease and bad breath  
Teeth for Two Brochure

**STAFF BACKGROUND INFORMATION:****MORNING SICKNESS? HOW TO CARE FOR YOUR TEETH**

**Rinse with water, add ½ teas. of baking soda to reduce the acid in your mouth  
Wait thirty minutes to brush your teeth to let the acid dissolve  
Brush with fluoride toothpaste**

**Pregnancy can affect mom's oral health and be affected by mom's oral health. Hormonal changes can cause the woman's gums to bleed and turn puffy. Careful daily brushing and flossing, plus a professional dental cleaning, are essential steps. Healthy mouths are important for pregnant moms not only for their own comfort and health, but also for their baby's health. Although it's a myth that "one tooth is lost with every pregnancy," a mother's oral health can be affected by pregnancy. Likewise the child's development may also be affected by the health of the mother during pregnancy.**

- *Baby Steps to a Healthy Pregnancy and On-Time Delivery* -- American Academy of Periodontology [www.perio.org/consumer/pregnancy.htm](http://www.perio.org/consumer/pregnancy.htm)
- *Nutrition and the Pregnant Adolescent*, Recommendations for Management of Nausea and Vomiting in Pregnancy pp. 113 – 115

## **PREGNANCY & ORAL HEALTH MODULE III**

**PRIMARY OUTCOME:** The woman has healthy teeth and gums

**SHORT-TERM OUTCOME:** The woman seeks professional dental care for dental cleaning, assessment, and education on preventing dental problems

**LESSON OBJECTIVE: Dental Care during Pregnancy**

**Dental Care During Pregnancy is Essential and Safe... and Painless**

How the woman can increase her potential to have good oral health during pregnancy by receiving a dental cleaning

**ACTIVITY:**

**Review Oral Health Plan from last meeting**

**Use trigger questions to spark curiosity and begin conversation – Samples**

- Have you seen a dentist recently? During the year before you became pregnant?
- When did you last have a dentist or hygienist clean your teeth?
- What kind of toothbrush and toothpaste do you use?
- Have you noticed any changes in your teeth or gums?
- \_\_\_\_\_
- \_\_\_\_\_

**Oral Health Demonstration/Hands-on with pregnant woman/family and home visitor**

- Use Teeth for Two Brochure with assessment
- Show pictures of early and late signs of gingivitis
- Bring a mirror or use a mirror in the home: have the woman “lift her lips” to look at her teeth and gums

**Share and review handouts**

- Review ADHA flyer on periodontal disease and bad breath
- Describe what a dental cleaning includes, focusing on “painless”
- Describe the benefit of regular brushing and flossing to reduce problems

**Develop oral health plan for next week/month**

**For the pregnant woman/family**

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**For the home visitor**

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**PARENT MATERIALS:**

- Flyer from ADHA on periodontal disease and bad breath
- Teeth for Two Brochure
- Flyer from Teeth for Two: Have a Dental Checkup

**STAFF BACKGROUND INFORMATION:**

**What Does a Dental Professional Do?**

**Scans your mouth and gums for signs of health and disease; removes plaque from your teeth and below your gum line; identify signs of gingivitis and caries; take and interpret oral X-rays; demonstrate effective toothbrushing and mouth rinses; partner with a dentist for complete dental care**

- *Baby Steps to a Healthy Pregnancy and On-Time Delivery* -- American Academy of Periodontology [www.perio.org/consumer/pregnancy.htm](http://www.perio.org/consumer/pregnancy.htm)
- *Want Some Life Saving Advice? Ask your Dental Hygienist about Understanding and Eliminate Bad Breath.* American Dental Hygienist Association. [www.adha.org](http://www.adha.org)
- *Want some Life Saving Advice? Ask your Dental Hygienist what to Expect from a Dental Hygiene Appointment.* . American Dental Hygienist Association. [www.adha.org](http://www.adha.org)

## **PREGNANCY & ORAL HEALTH MODULE IV**

**PRIMARY OUTCOME:** The woman has healthy teeth and gums, and reduced levels of Step Mutans, the bacteria that causes decay.

**SHORT-TERM OUTCOME:** The woman follows recommended daily oral hygiene, “teeth healthy” diet, and additional treatments prescribed by the dentist

**LESSON OBJECTIVE: Dental Professional Recommendations to Increase Oral Health during Pregnancy – Strep Mutans, Gingivitis, Periodontitis** How the woman can increase her potential and her baby’s potential to have good oral health during pregnancy and throughout life by following through on recommendations by dental professionals

### **ACTIVITY:**

#### **Review Oral Health Plan from last meeting**

#### **Use trigger questions to spark curiosity and begin conversation – Samples**

- Where did you go for your dental cleaning?
- Who did your cleaning? Did you see a dental hygienist? A dentist?
- What happened during your dental appointment?
- What advice did they give you? Any handouts? Prescription?
- Did they give you any supplies – toothbrush, toothpaste, floss?

- \_\_\_\_\_
- \_\_\_\_\_

#### **Oral Health Demonstration/Hands-on with pregnant woman/family and home visitor**

- Demonstrate toothbrushing on a model
- Draw a picture of teeth and practice effective brushing techniques
- \_\_\_\_\_

#### **Share and review handouts**

- Use the materials given by the woman’s dental office to reinforce the advice
- If appropriate, review ADHA flyers on periodontal disease and bad breath
- If appropriate, discuss strategies that the woman can use to follow through on treatment for gingivitis or chlorhexidine and fluoride mouth rinses
- Reinforce the benefit of regular brushing and flossing to reduce problems, using a model of teeth and demonstration of flossing

### **Develop oral health plan for next week/month**

#### **For the pregnant woman/family**

*What I can/will do in the next week to follow through for good oral health*

*Here are questions I have*

*Here are resources and support I need to follow through*

#### **For the home visitor**

*Here's what you have asked my help with that I can commit to doing*

*This is the oral health topic we will plan to discuss next time*

### **PARENT MATERIALS:**

- Flyers from ADHA on toothbrushing and flossing
- Handouts with pictures of gums showing gingivitis

### **STAFF BACKGROUND INFORMATION:**

#### **How do they treat gingivitis?**

**Dentist or hygienist does a deep cleaning, scraping tartar above and below gum line.**

**Dentist may use medicine along the gum line or prescribe mouth rinses or pills.**

- Periodontal (Gum) Disease pamphlet. National Institute of Health  
[www@nidcr.nih.gov](http://www.nidcr.nih.gov)
- *Periodontal (Gum) Disease*. American Academy of Periodontology.  
[www.perio.org](http://www.perio.org)
- *Pregnancy Complication Associated with Periodontal Destruction...* American Academy of Periodontology. [www.perio.org](http://www.perio.org)

**PREGNANCY & ORAL HEALTH  
MODULE V**

**PRIMARY OUTCOME:** The woman has healthy teeth and gums throughout life

**SHORT-TERM OUTCOME:** The woman establishes oral hygiene habits

- ◆ **LESSON OBJECTIVE: Oral Hygiene Habits** How the woman can build into her daily life appropriate toothbrushing techniques, use of fluoride toothpaste and fluoridated water, flossing, and rinsing with fluoride mouthwash.

**ACTIVITY:**

**Review Oral Health Plan from last meeting**

**Use trigger questions to spark curiosity and begin conversation – Samples**

- What kind of toothbrush and toothpaste do you use?
- What about flossing? Have you ever tried it? What do you think flossing does for good oral health?
- What did your parents say about brushing?
- What kind of oral health habits would you like to establish for your family? Why?
- \_\_\_\_\_
- \_\_\_\_\_

**Oral Health Demonstration/Hands-on with pregnant woman/family and home visitor**

- Demonstrate effective toothbrushing using sample teeth and a brush
- Demonstrate flossing using this activity described by American Dental Hygienist Association

**Share and review handouts**

- Use the one page flyers from American Dental Hygienist Association on toothbrushing and flossing
- Use the materials given by the dental office to reinforce good oral hygiene

**Develop oral health plan for next week/month**

**For the pregnant woman/family**

*What I can/will do in the next week to follow through for good oral health*

*Here are questions I have*

*Here are resources and support I need to follow through*

**For the home visitor**

*Here's what you have asked my help with that I can commit to doing*

*This is the oral health topic we will plan to discuss next time*

**PARENT MATERIALS:**

- Flyers from ADHA on toothbrushing and flossing

**STAFF BACKGROUND INFORMATION:**

**Appropriate Toothbrushing Technique**  
Brush 2-3 teeth at a time using 10 circular brush strokes,  
with bristles along the gum line as well as tooth  
Brush outside, inside and tops of teeth, plus the tongue  
Brush for two minutes  
Use a small pea-sized piece fluoridated toothpaste with ADA seal of approval  
Best to spit out excess but not rinse after brushing,  
leaving fluoride on teeth for 30 minutes

**Appropriate Flossing Technique**  
Wind 18" of floss around middle fingers of each hand.  
Pinch floss between thumb and index fingers,  
leaving a 1" – 2" inch length in between  
Use thumbs to direct floss between upper teeth.  
Keep 1" – 2" length of floss taut between fingers  
Use index fingers to guide floss between lower teeth  
Gently guide floss between teeth using a zig-zag motion  
Contour floss around sides of tooth  
Slide up and down against side tooth surface and under gum line  
Floss between each tooth thoroughly with a clean section of floss

- American Dental Hygienists Association  
<http://www.adha.org/oralhealth/brushing.htm>
- *Cleaning teeth and gums* American Dental Association  
<http://www.ada.org/public/topics/cleaning.asp>
- *Taking Care of Your Teeth and Mouth* National Institutes of Health  
<http://www.niapublications.org/engagepages/teeth.asp>

**PREGNANCY & ORAL HEALTH  
MODULE VI**

**PRIMARY OUTCOME:** The woman has healthy teeth and gums throughout life

**SHORT-TERM OUTCOME:** The woman establishes healthy eating habits for strong, healthy teeth and gums and strong, healthy body

- ◆ **LESSON OBJECTIVE: Good Eating Habits for Oral Health** How the woman can build into her daily life appropriate eating practices and “teeth healthy” foods

**ACTIVITY:**

**Review Oral Health Plan from last meeting**

**Use trigger questions to spark curiosity and begin conversation – Samples**

- What foods do you like that are carbohydrates – muffins, cereal, candy bars?
- When do you eat these foods – meals, snacks?
- What foods do you like that are not carbohydrates – cheese, fruits and vegetables?
- What foods can you substitute for carbohydrates?
- \_\_\_\_\_
- \_\_\_\_\_

**Oral Health Demonstration/Hands-on with pregnant woman/family and home visitor**

- Using a collection of foods – carbohydrates, fruit, vegetables – have the woman sample substitutes for favorite snack foods that stick to the teeth
- Write out a list of the woman’s favorite snack foods and a list of substitutes that are ones she wants to try. Post them on her refrigerator.
- Bring in a lunch – lentil soup, a small orange, one cookie

**Share and review handouts**

- Leave behind a “refrigerator” piece, listing woman’s favorite snack foods that stick to teeth and “teeth healthy” substitutes she wants to try

**Develop oral health plan for next week/month**

**For the pregnant woman/family**

*What I can/will do in the next week to follow through for good oral health*

*Here are questions I have*

*Here are resources and support I need to follow through*

**For the home visitor**

*Here’s what you have asked my help with that I can commit to doing*

*This is the oral health topic we will plan to discuss next time*

**PARENT MATERIALS:**

- Handout: Smart Snacking for Healthy Teeth and Gums
- Handout: Beware of Grazing – Avoid All-Day Snacking

**STAFF BACKGROUND INFORMATION:**

**Steps for “Teeth Healthy” Eating**  
**Eat a balanced meal at mealtimes**  
**It is best to eat sugary, sticky foods at mealtimes**  
**For snacks, eat “teeth healthy” foods**  
**Remember: after eating a snack high in carbohydrates,**  
**your teeth enamel is exposed to 20 – 30 minutes of acid**

- *Nourish Your Smiles with a Well-Balanced Diet* Academy of Periodontology  
<http://www.perio.org/consumer/nutrition-benefits.htm>
- *Questions and Answers About Nutrition and Oral Health.* International Food Information Council <http://www.ific.org/nutrition/oralhealth/index.cfm>
- *Position of the American Dietetic Association: Oral Health and Nutrition.* Journal of the American Dietetic Association  
[http://www.eatright.org/Member/PolicyInitiatives/index\\_21030.cfm](http://www.eatright.org/Member/PolicyInitiatives/index_21030.cfm)
- *Eating During Pregnancy.* KidsHealth. [www.kidshealth.org](http://www.kidshealth.org)
- *Why Drinking Water is the Way to Go.* KidsHealth. [www.kidshealth.org](http://www.kidshealth.org)

## PREGNANCY & ORAL HEALTH MODULE VII

**PRIMARY OUTCOME:** The woman and the baby has healthy teeth and gums throughout life

**SHORT-TERM OUTCOME:** The woman uses the formula for producing cavities to keep her entire family cavity free.

- ◆ **LESSON OBJECTIVE: What Causes Cavities And What You Can Do About It** How the woman can build into her family's daily life appropriate oral hygiene and "teeth healthy" eating habits

### **ACTIVITY:**

#### **Review Oral Health Plan from last meeting**

#### **Use trigger questions to spark curiosity and begin conversation – Samples**

- What do you think causes cavities?
- What do you think toothbrushing and flossing do to keep you cavity-free?
- What do you think foods have to do with keeping you cavity-free?



#### **Oral Health Demonstration/Hands-on with pregnant woman/family and home visitor**

- Draw a picture of the ingredients that add up to day, asking her to identify the items
- Work with the woman to complete a jigsaw puzzle.  
<http://www2.state.tn.us/health/kids/oral/xpuzzle.stm>
- Complete the quiz – healthy snack maze  
<http://www2.state.tn.us/health/kids/oral/maze.stm>

#### **Share and review handouts**

- Leave behind a "refrigerator" piece, *How Decay Starts*
- Give the woman a chart to track toothbrushing

#### **Develop oral health plan for next week/month**

##### **For the pregnant woman/family**

*What I can/will do in the next week to follow through for good oral health*

*Here are questions I have*

*Here are resources and support I need to follow through*

##### **For the home visitor**

*Here's what you have asked my help with that I can commit to doing*

*This is the oral health topic we will plan to discuss next time*

**PARENT MATERIALS:**

- How Decay Starts handout
- How to Have a Healthy Baby handout

**STAFF BACKGROUND INFORMATION:**

**Steps for Healthy Teeth**

**The goal: keep tooth enamel strong!**

**Germs – Streptococci Mutans – live in our mouths**

**If we have high levels of Strep Mutans, we are a great risk for cavities**

**These germs mix with carbohydrates to create acid**

**Acid burns away at enamel leaving the tooth exposed to decay**

**The Answer: Brush twice daily, and always before bedtime**

**Floss, rinse with fluoridated mouth rinse**

**Eat “teeth healthy” foods for snacks**

**Tooth Decay, American Dental Association**

**[http://www.ada.org/public/topics/decay\\_faq.asp](http://www.ada.org/public/topics/decay_faq.asp)**

**Pediatric Oral Health Information for Parents,  
American Academy of Pediatric Dentistry**

**<http://www.aapd.org/pediatricinformation/faq.asp>**

**What Causes Decay, KidsHealth Nemours Foundation**

**<http://www.kidshealth.org/kid/talk/qa/cavity.html>**