

Promoting Oral Health in Pregnancy and Early Childhood RESOURCE Guide

ABC's of Good Dental Health

A is for "All." Good dental health is for everyone in the family, including babies.

B is for "Brush those baby teeth," two times a day with a soft-bristled toothbrush and a smear of fluoride toothpaste the size of a grain of rice for babies through age three.

C is for "Check-up." Babies should have their first dental visit by age one.

FSP Scope of Practice

Share information about:

- Proper toothbrushing
- Use of fluoridated water and toothpaste
- Importance of a healthy diet
- Limiting fruit juice, sugary snacks and drinks
- Dental homes for all family members

Help families:

- Find a dental home for all family members
- Find resources to pay for oral health care
- Plan for dental visits
- Find strategies for making oral health care a part of the daily routine for all family members

TOOTH DECAY PREVENTION FOR CHILDREN AND ADULTS

Brush teeth at least two times every day.

Use a toothpaste with fluoride.

Rinse with water to remove leftover food when unable to brush.

Limit daily fruit juice consumption.

8 ozs	- Adults and Youth, 7+ yrs. old
4-6 ozs	- Preschoolers, 4-6 yrs. old
4 ozs	- Toddlers, 1-3 yrs old*
0 ozs	- Infants up to 1 yr. old

*typical juice box has 6+ ozs

Drink milk and water, the best drinks for children and adults.

Save candy, cookies, soda and other sugary drinks for special times.

Promoting Oral Health in Pregnancy and Early Childhood RESOURCE Guide

For Family Support Professionals

Resources

- Oral Health Toolkit for Healthcare Professionals, American Academy of Pediatrics, Materials, available in multiple languages, suitable for oral health education for pregnant women and parents of young children - [Website](#)
- Bright Futures Oral Health
 - Oral Health Pocket Guide, 3rd Edition - [English](#)
 - Tooth Eruption Chart - [English](#)
 - Oral Health Glossary - [English](#)
- Myths and Facts about Community Water Fluoridation - [English](#)
- Say This, Not That: Tips for Talking about Community Water Fluoridation - [English](#) and [Spanish](#)

Accessing and Paying for Dental Care:

- Medicaid State Overviews - [English](#)
- InsureKidsNow.gov - Medicaid & the Children's Health Insurance Program (CHIP) - [English](#) and [Spanish](#)
- Find Coverage for Your Family by State (Medicaid and CHIP) - [English](#) and [Spanish](#)
- Find a Dentist by State (Medicaid and CHIP) – [English](#) and [Spanish](#)
- Smiles For Life, find a dentist at a discounted price - [English](#)
- Dental Schools, Reduced Oral Health Care Services, American Dental Association - [English](#)
- Community Health Centers, Free or Reduced Cost Oral Health Services - [English](#)
- State Department of Health Oral Health Programs - [English](#)
- 211.org, a Nationwide Service Connecting People to Local Resources – Many Languages Available, Select Language in Top Right Corner - [English](#)

Videos:

- Tooth Talk Moments: Using Motivational Interviewing to Talk about Oral Health, 24 minute video - [English](#)

For Families

Pregnant and Postpartum Women:

- Two Healthy Smiles, National Maternal & Child Oral Health Resource Center – [English](#) and [Spanish](#)
- See a Dentist While You're Pregnant, Insure Kids Now – [English](#) and [Spanish](#)
- Dental Care is Safe for Mother and Baby Infographic, American Academy of Pediatrics Children's Dental Health Project – [English](#), [Spanish](#) and [Chinese](#) (best link for printing – [English](#))
- Smoking and Pregnancy, Smiles for Children, Dentaquest – [English](#) and [Spanish](#)
- Resources for Pregnant Women, From the First Tooth, Dentaquest - [English](#)

Promoting Oral Health in Pregnancy and Early Childhood RESOURCE Guide

Infants, Toddlers and Young Children:

- Good Dental Habits for Children Under Age 3, Insure Kids Now – [English](#) and [Spanish](#)
- Fact Sheet: Dental Care for Children with Special Needs, Insure Kids Now – [English](#) and [Spanish](#)
- National Maternal and Oral Health Resource Center
 - Healthy Habits for Happy Smiles, A series of handouts for pregnant women and parents of infants and young children that provides simple tips on oral health issues – [English](#) and [Spanish](#)
 - A Healthy Smile for Your Young Child – [English](#) and [Spanish](#)
 - Facts about Oral Health (Dispelling Myths) – [English](#) and [Spanish](#)
- A Healthy Mouth for Your Baby, U.S. Department of Health and Human Services, National Institutes of Health – [English](#), [Spanish](#), and [American Indians and Alaska Natives](#)
- Oral Health Self-Management Goals for Parents/Caregivers, American Academy of Pediatrics - [English](#) and [Spanish](#)
- Penn State Extension
 - Children’s books on healthy teeth – [English](#)
 - Songs for toothbrushing - [English](#)

Fluoride:

- Topical Fluoride Toothpaste Amounts, National Maternal & Child Oral Health Resource Center - [English](#)
- Common Questions about Fluoride: A Resource for Parents and Caregivers, American Academy of Pediatrics – [English](#) and [Spanish](#)
- How Community Water Fluoridation Works – [English](#) and [Spanish](#)

Videos:

- [ToothTalk.org](#), a project of **Brushing Is Fun, Start By Age 1**, is an easy-to-use website that gives childcare providers, parents, and healthcare and other professionals the latest information on improving young children’s dental health. It is a collaboration of the University of North Carolina at Chapel Hill and the NC Division of Public Health Oral Health Section, funded by The Duke Endowment through the Foundation for Health Leadership and Innovation. This website is a clearinghouse of good tips, handy resources, up-to-date expert answers to frequently asked questions, and short videos designed to help invested stakeholders support parents in protecting kids’ healthy smiles.
 - Good Toothbrushing is Good for Kids - [English](#) and [Spanish](#)
 - All about Fluoride - [English](#) and [Spanish](#)
 - Healthy Teeth, Healthy Pregnancy - [English](#)
 - Why Babies Need a Dental Home - [English](#)
- Healthy Mouths for You and Your Baby, American Academy of Pediatrics, Campaign for Dental Health – [English](#) and [Spanish](#) (subtitles)
- Dental Health for Children with Autism, Autism Speaks - [English](#)