

Setting Oral Health Goals for the Family



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How to Use This Flipbook

The "Creating Family Oral Health" form is to be used with the Flip Book "Setting Oral Health Goals for the Family". Give the form with pictures to the client and family members you are speaking with.

Start by saying:

Do you mind if we take a few minutes to talk about ways to better your family's oral health?

.....If the client says no, we do not proceed and ask what they would like to talk about.

..... If the client says OK, go to next line

Next say:

"These pictures are health habits that can help improve family oral health". Which of these would you be interested in talking with me about?

.....The client should point to or name one or two

.....Find the page in the flip book that matches the selected picture on the form; the "back" of this page gives you talking points about 'whats and whys' these activities are good for oral health. Share information and respond to questions your clients might have. When finished talking about that go to next line.

Ask again: Are there other pictures here you would like to talk about?

Do the same as you did above.

Next say: What of the changes we have talked about do you think your family could make?

Listen and reflect back. (An example might be something like "I'm hearing you say that water in the baby bottle is something you could try but you are worried that it might be hard at night"

Point to the bottom of the form and turn to page 18 in the Flip Book

Say:

Are you ready to name one or two changes to work on?

If yes, write them down (and circle pictures on the form) and give lots of praise.

Next

point to the readiness ruler "Number Line".

Ask client about confidence number and what it would take to improve the confidence number.

Next


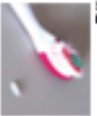




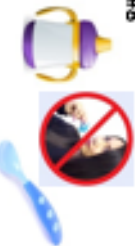

Help patients with suggestions or supports that you are able to provide that link to what patients need to improve their confidence to make the change.

Leave the form with the Client and write down in your case notes the change the client will work on.

Creating Family Oral Health

Patient Name: _____

Date: _____

<p>#2</p>  <p>Schedule Regular Dental Visits</p>	<p>#3</p>  <p>Brush twice a day</p>	<p>#4</p>  <p>Use fluoride toothpaste</p>	<p>#5</p>  <p>Drink water</p>
<p>#6</p>  <p>Drink water between meals</p>	<p>#7</p>  <p>Choose healthy snacks</p>	<p>#8</p>  <p>Avoid sharing saliva (spit)</p>	<p>#9</p>  <p>choose gum or candy with xylitol as the first ingredient</p>

Babies and Young Children

<p>#11</p>  <p>Wipe baby's mouth and gums twice a day</p>	<p>#12</p>  <p>stop bottle use by age 1</p>	<p>#13</p>  <p>Use a rice-sized amount of fluoride toothpaste</p>	<p>#14</p>  <p>Juice for children only with meals</p>
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Older Children and Adults

<p>#16</p>  <p>Brush and floss at least twice a day</p>	<p>#17</p>  <p>Use fluoride rinse after brushing</p>
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Which Could You and Your Family Do? 1.) _____
 2.) _____

On A Scale of 1-10, how confident are you that you can accomplish these goals? (Circle One)

(1= not confident at all; 10= very confident) 1 2 3 4 5 6 7 8 9 10

Patient Signature: _____ Practitioner Signature: _____

Thinking about things that can improve oral health for families



- ◆ I am going to go through these pages with you.
- ◆ We are going to talk about care and habits in daily life that protect and strengthen teeth and gums
- ◆ As we go I will explain why each is helpful
- ◆ You may do many of these already
- ◆ As we go please think about whether you and your family do these now or might plan to do them
- ◆ If you have questions, please ask

Creating Family Oral Health



Visit the Dentist on Schedule



Visit the Dentist on Schedule



- ◆ Schedule Regular Visits: The recommended schedule is different for each age group.
- ◆ Adults should see a dental provider every six months, or in some cases, more often
- ◆ Pregnant women should schedule during pregnancy
- ◆ Children should schedule a first visit by age 1
- ◆ The dental team will clean teeth in specialized ways, repair any cavities and may apply protective coatings (like fluoride) depending on peoples ages.
- ◆ Going regularly protects the gums and teeth

Brush Twice Each Day



The Best Thing You Can Do is Brush Twice Daily



- ◆ Brushing cleans away plaque and bacteria that cause cavities and gum disease
- ◆ Use Fluoride toothpaste the size of a grain of rice for children 3 and under
- ◆ Use Fluoride toothpaste the size of a pea for everyone over 3 years of age
- ◆ Always use a soft brush
- ◆ Aim your toothbrush where teeth and gums meet

Always Brush With Fluoride Toothpaste



Brush with Fluoride Toothpaste



- ◆ Fluoride builds stronger tooth enamel (white part that covers teeth). It protects against cavities.
- ◆ Fluoride is important to use in children when the enamel is forming. Brushing with fluoride strengthens teeth that are not yet even visible.

Drink Water



Drink Water



- ◆ Drinking water helps protect from cavities, it washes germs away and has no cavity causing sugar or acids.
- ◆ Many towns/cities add fluoride to the public water that strengthens dental enamel and prevents cavities
- ◆ If you drink water from a well, the health department can help you find out if your well has fluoride.
- ◆ If you use bottled water, look for and purchase bottled water with fluoride

Drink Juice, Soda or Sports Drinks Only With Meals



Drink water any time!



Drink Water Between Meals



Drinking water only and not eating between meals allows teeth to rest and repair

Less or No Juice

- limit fruit juices to 4-6 ounces a day and offer at mealtimes only

Only Water in Sippy Cups

- The natural sugar in milk, juice, soda pop or other flavored drinks between meals increases the risk for cavities
- Water washes away the bacteria that causes dental cavities

Drink Less or No sweet drinks. Drink sweetened drinks (sodas, sport drinks and lattes for example) only at mealtime

- These ALL help cavities to form.
- BOTH diet and regular sodas have acids that damage the enamel covering the teeth

Choose Healthy Snacks



Choose Healthy Snacks



- ◆ Choose: meats, cheese, nuts, seeds, vegetables or popcorn
- ◆ Sugary and starchy foods feed cavity causing bacteria
- ◆ Eat less junk food and candy
- ◆ Have sweet food and candy only at mealtimes

Protect Teeth: Sharing Spreads Cavity-Causing Germs



Protect Teeth: Sharing Spreads Cavity-Causing Germs



- ◆ Anything put in the mouth of one person can pass cavity-causing germs to another.
- ◆ Babies and children can get cavities this way.
- ◆ Adults should not clean pacifiers or baby spoons in their mouths.
- ◆ Adults should not chew food before they give it to baby
- ◆ Adults should not test the temperature of baby's food with their own mouth.
- ◆ Adults should not eat food that the baby offers to them.

Choose Gum or Candy With Xylitol as the First Ingredient



Percent Daily Values (DV) are
INGREDIENTS: XYLITOL; GUM
CONTAINS 2% OR LESS OF



Use Xylitol Gum, Spray, Gel or Dissolving Tablets (KEEP AWAY FROM DOGS)



- ◆ Xylitol comes in some chewing gums and candies.
- ◆ The BEST gum or candy to use is when xylitol is listed as the first ingredient on the label (see the picture)
- ◆ It is a natural sweetener that does not promote cavities. It also helps protect teeth if used often (after meals and at night).
- ◆ Some studies show that mother's chewing xylitol gum regularly helps protect their baby's teeth.

Babies and Young Children



Thinking about things that can improve oral health for babies and young children



- ◆ I am going to go through these pages with you.
- ◆ We are going to talk about care and habits in daily life that protect and strengthen teeth and gums
- ◆ As we go I will explain why each is helpful
- ◆ You may do many of these already
- ◆ As we go please think about whether you and your family do these now or might plan to do them
- ◆ If you have questions, please ask

From the Very BeginningBefore Teeth



Before Teeth



- ◆ Wipe baby's mouth and gums twice a day
- ◆ Try not to let baby fall asleep with breast milk or baby formula in their mouth.

Teeth Friendly Feeding for Babies Over Six Months



Babies



- ◆ ***Only water in bottle or cup*** between feedings and at bedtime
- ◆ Wean off the bottle by one year of age

With the First Tooth



With the First Tooth



- ◆ Start brushing twice a day with first tooth.
- ◆ Use rice sized amount of fluoride toothpaste.
- ◆ Brush baby teeth from behind the child

Juice for Children Only With Meals



Juice for Children Only With Meals



- ◆ When babies start having juice, ***only at meals***
- ◆ Add water to juice to make it half juice and half water if you start giving your older baby juice with meals.
- ◆ Soda and sports drinks are not the same as juice; it is better to give water than to give children sport drinks or soda.

Older Children and Adults



Thinking about things that can improve oral health for older children and adults



- ◆ I am going to go through these pages with you.
- ◆ We are going to talk about care and habits in daily life that protect and strengthen teeth and gums
- ◆ As we go I will explain why each is helpful
- ◆ You may do many of these already
- ◆ As we go please think about whether you and your family do these now or might plan to do them
- ◆ If you have questions, please ask

Brush and Floss at Least Twice a Day

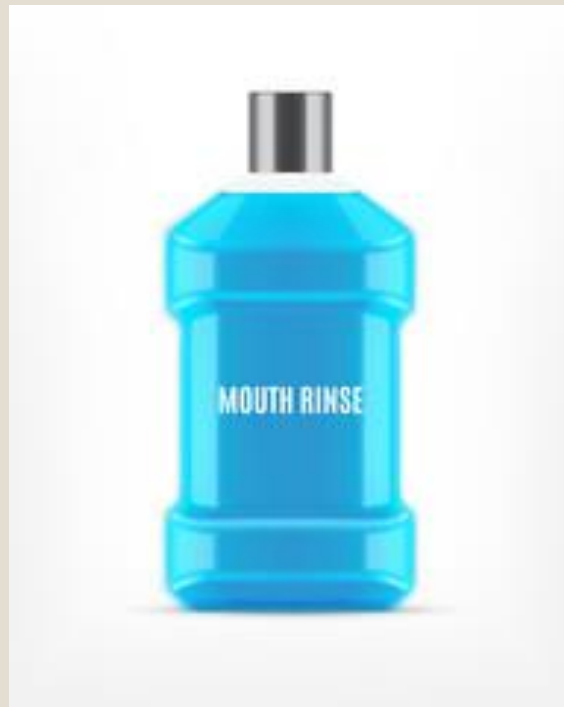


Brush and Floss at least twice a day



- ◆ Brush at least twice a day with fluoride toothpaste
- ◆ Soft tooth brush is always best for teeth brushing
- ◆ When a person brushes they should be sure to brush where teeth and gums meet
- ◆ Gums that bleed when brushed are best cared for by brushing (even though this seems strange). Brushing the gums will make them stronger and they eventually will not bleed
- ◆ Floss between teeth at least once a day
- ◆ Children can learn to floss by seven or eight years old
- ◆ Flossing gets to the areas where germs that cause gum disease and cavities build up
- ◆ Flossing is a great protection practice for the mouth

If you Rinse, Use a Rinse With Fluoride



Use Fluoride Rinse After Brushing



- ◆ Rinsing your mouth after brushing makes it feel fresh.
- ◆ If you rinse, be sure your mouthwash has fluoride.
- ◆ Fluoride helps to strengthen and protect the teeth from decay.

Can you Make any Changes?



Which Could You and Your Family Do?

1.) _____

2.) _____

**On A Scale of 1-10, how confident are you that you can accomplish these goals?
(Circle One)**

(1= not confident at all; 10= very confident) **1 2 3 4 5 6 7 8 9 10**



- ◆ Patient should have the handout created to go with this flip book at this time. This slide is the same as the bottom of that page.
- ◆ Ask the client to think about what plans they might be able to make for change to better their oral health. Can they choose one or two to work on.
- ◆ If yes, list them on the page.
- ◆ Use the readiness ruler.
- ◆ Ask the client how confident they are that their family could make the change...this month.
- ◆ Using the ruler 10 is very confident/sure and 1 is not at all confident.
- ◆ When they give you a number ask them what it could take to go from the number they give (say 6) to two numbers higher (say 8)
- ◆ When they answer you are likely to hear some worries about why this could be challenging, if you have time to engage them in conversation see what their thoughts are about how to make it easier and/or how you can help them move to more confident/ready to make the change.