This publication has been designed to help nurses, teachers, volunteers, health administrators, social workers, and other individuals in the community in improving dental care instruction for the children in a community dental care program. The publication is based on the premise that availability of dental care services does not necessarily insure utilization of these programs unless the individual recipient, the family, and the community have an awareness of the importance of oral health. To upgrade dental care programs, educational services must be made available to every child as well as to the adults who influence his learning. The educational objectives in this guide are expressed as teaching targets—what the child and his parent must do to achieve life-long dental health. The guide also includes suggested audio-visual materials and activities to enhance an educational program. (Author/SES)
A guide to oral dental health community care program
DISCRIMINATION PROHIBITED – Title VI of the Civil Rights Act of 1964 states: "No person in the United States shall, on the ground of race, color, or national origin, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving Federal financial assistance." Therefore, the Division of Dental Health, like every program or activity receiving Federal assistance from the Department of Health, Education, and Welfare, must be operated in compliance with this law.
PREFACE

In recent years, national, state and local attention has been focused on the development of new programs to provide equal health opportunities for the young child. Health services including dental treatment have been initiated to meet the needs of these children. Because of these programs, dental care services are available to more children than ever before.

However, availability of dental care services does not necessarily ensure utilization of these programs unless the individual recipient, the family and the community have an awareness of the importance of oral health. Providing treatment alone is not enough, for it is equally important to educate the young child and his family to acquire and maintain oral health. To enhance dental care programs educational services must be made available to every child and to the adults who influence his learning.

Single copies of this booklet are available upon request from the Community Programs Branch, Division of Dental Health, National Institutes of Health, 9000 Rockville Pike, Bethesda, Maryland 20014, or from your Regional Dental Consultant (for address, see page 53).
Prepared by:

Alice M. Johnson, RDH, BA, MA
Robert L. Weiss, DDS, MPH
Miki Wilson
This publication has been designed to help YOU improve dental care instruction for the children in your community dental care program.

The educational objectives in this guide are expressed as teaching targets — what the child and his parents must do to achieve lifelong dental health. The guide also includes suggested audiovisual materials and activities to enhance your educational program.
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SETTING OUR SIGHTS
Page 10

DENTAL CARE
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WHY
DENTAL CARE EDUCATION?

It affects every one of our children.

This child is an example. She is only five and already has six decayed teeth.
And ... like many of our children ... she ...

- has not yet made her first visit to the dentist.

- does not brush her teeth often — and cannot brush well enough.

- eats too many sweet snacks between meals.
DENTAL DISEASE CAN BE CONTROLLED.

Let's start now. Let's teach our children the value of dental health — let's help them build good health habits.
This is the time his habits and values are formed.

He will be blessed or burdened with them for the rest of his life.
WHO CAN HELP?

CHILDREN CAN HELP THEMSELVES BY:

- Accepting dental care
- Brushing their teeth
- Eating good foods
PARENTS CAN HELP BY:

Taking the child to the dentist

Helping the child brush his teeth

Reducing between meal treats
Teachers also influence the lives of our children. So teachers can help.
The dentist and his staff provide the dental care children need, and they can help teach our children.
Many others can help. We have many people in our community who are interested in the total well-being of our children. These people are nurses, teachers, volunteers, health administrators, social workers, and many other individuals in our community.

ARE YOU ONE OF THESE PEOPLE?
Preschool and elementary school years are critical years. This is the time to prevent our children from becoming dental cripples.

But good dental health doesn't just happen ... it's a lifelong task — today and tomorrow for each of us.

Attention must be focused on three important areas:

Dental Treatment

Home Care

Eating Habits
Just as the child changes in many ways as he grows, his dental condition constantly changes also. Let's take a close look at these three age groups:

3–5 years  6–8 years  9–11 years

How do these age-groups differ?

What are our specific targets for teaching?

What should the parents do to help?
THE CHILD FROM 3 TO 5

He has all of his first (primary) set of teeth. Besides the chewing function, these teeth form a pathway for the permanent teeth which are developing in the jaw ... they're important to the development of good appearance and speech.

These years provide the opportunity to establish foundations on which to build sound dental health habits.

TARGETS FOR TEACHING:

THE CHILD SHOULD:

1. COOPERATE WITH THE DENTIST AND HIS STAFF.
2. ATTEMPT TO BRUSH HIS TEETH AT LEAST ONCE A DAY.
3. ALLOW HIS PARENT OR AN OLDER CHILD TO BRUSH HIS TEETH AT LEAST ONCE A DAY.
4. EAT SWEETS AT MEALS ONLY
Along with setting a good example, THE PARENT SHOULD:

1. ARRANGE FOR THE CHILD’S DENTAL APPOINTMENTS.
2. TALK ABOUT DENTAL AND MEDICAL SERVICES FAVORABLY.
3. PROVIDE TOOTHPASTE AND A BRUSH FOR THE CHILD.
4. MAKE SURE THAT THE CHILD BRUSHES HIS TEETH AT LEAST ONCE DAILY.
5. BRUSH THE CHILD’S TEETH FOR HIM AT LEAST ONCE A DAY.
6. PROVIDE RECOMMENDED FOODS FOR BETWEEN-MEAL SNACKS. (See Page 49.)
7. RESTRICT CHILD’S SWEETS TO MEALTIME.
THE CHILD FROM 6 TO 8

His first permanent molars are appearing. The front teeth of his first (primary) set of teeth are beginning to loosen to make way for permanent teeth. The primary teeth still serve an important function ... they reserve space for permanent teeth that will appear later.

Dental care instruction for the 6-8 year old should focus on developing independent action ... emphasis should be placed on establishing habit patterns ... building on the teaching targets identified for the 3-5 year group. (Numbers 1 to 4 below)

TARGETS FOR TEACHING

THE CHILD SHOULD:

1. Cooperate with the dentist and his staff.
2. Attempt to brush his teeth at least once a day.
3. Allow his parent or an older child to brush his teeth at least once a day.
4. Eat sweets at meals only.
5. ACCEPT HIS DENTAL APPOINTMENTS AS A ROUTINE PART OF LIFE.
6. BRUSH HIS TEETH TWICE A DAY.
7. CHOOSE NON-SWEET, BETWEEN-MEAL SNACKS.
Along with setting a good example, THE PARENT SHOULD:

1. Arrange for the child's dental appointments.
2. Talk about dental and medical services favorably.
3. Provide toothpaste and a brush for the child.
4. Make sure that the child brushes his teeth at least once daily.
5. Brush the child's teeth at least once a day.
6. Provide recommended foods for between-meal snacks.
7. Restrict child's sweets to mealtimes.
8. SEEK ROUTINE DENTAL APPOINTMENTS FOR THE FAMILY.
9. REDUCE CHILD'S DEPENDENCY ON ACCOMPANYING ADULT DURING DENTAL APPOINTMENTS.
10. REQUIRE THE CHILD TO BRUSH TWICE A DAY AND ASSIST HIM AS NEEDED.
THE CHILD FROM 9 TO 11

He has about half of his permanent teeth. His mouth will now reflect the values and habit patterns formed in earlier years ... and what he may be blessed or burdened with for life.

His world has broadened ... he is able to assume greater responsibility ... physically, he is more able to take care of his needs. Emphasis should be placed on strengthening good dental habits and encouraging independent actions ... building upon previous teaching targets. (numbers 1 to 7 below.)

TARGETS FOR TEACHING

THE CHILD SHOULD:

1. Cooperate with the dentist and his staff.
2. Attempt to brush his teeth at least once a day.
3. Allow his parent or an older child to brush his teeth at least once a day.
4. Eat sweets at meals only.
5. Accept his dental appointments as a part of life.
6. Brush his teeth TWICE a day.
7. Choose non-sweet, between-meal snacks.
8. REQUIRE NO ACCOMPANYING ADULT AT OR DURING DENTAL APPOINTMENT.
9. EFFECTIVELY BRUSH HIS TEETH AFTER MEALS.
10. RESTRICT SWEETS TO MEALTIME.
Along with setting a good example, THE PARENT SHOULD:

1. Arrange for the child's dental appointments.
2. Talk about dental and medical services positively.
3. Provide toothpaste and a brush for the child.
4. Make sure that the child brushes his teeth at least once daily.
5. Brush the child's teeth at least once a day.
6. Provide recommended foods for between-meal snacks.
7. Restrict child's sweets to mealtimes.
8. Seek routine dental appointments for the family.
9. Reduce the child's dependency on accompanying adult during dental appointments.
10. Require the child to brush twice a day and assist him as needed.
11. OVERSEE THE CHILD'S BRUSHING PRACTICES.
DENTAL CARE EDUCATIONAL MATERIALS
DENTAL HEALTH
EDUCATION MATERIALS

There is a large selection of dental health education material available from many sources. These materials consist of films, filmstrips, booklets, leaflets, posters and models.

The dental health education materials included in "Smallfry Smiles" can enhance your educational program. They were selected for young children and the adults who influence their daily activities. In addition to being screened by dental personnel, the materials were also closely scrutinized by a committee of teachers, nurses and community aides, all of whom have worked with preschool and early elementary age children of "ti-cultural and racial backgrounds.

Many local and State health departments and dental associations have audiovisual services. It is recommended that you first contact them for the materials listed. See page 55 for the addresses of State health departments.
FILMS

HEALTHY TEETH — HAPPY SMILE
16mm, sound, color, 20 minutes

DESCRIPTION:
Through the experiences of Sally, a Negro teenager, this film demonstrates necessary oral health practices, i.e., routine dental check-ups, personal care and responsibility, and proper eating habits.

AUDIENCE:
Teenagers and adults.

SUGGESTED USE:
HEALTHY TEETH — HAPPY SMILE is an excellent film which will help you in orienting program personnel in the elements necessary for dental health. It will also be valuable for parent discussion groups.
Following the film you might:
Discuss all of the areas covered OR
Focus group discussion in one particular area such as toothbrushing and demonstrate proper toothbrushing with a demonstration-size brush and model of teeth (see Page 40).
Emphasize the importance of reducing sweets and provide a selection of locally used and available foods which are good for teeth and general health. (See Page 51).

AVAILABILITY:
Henk Newenhouse, Inc.
1825 New Willow Road
Northfield, Illinois 60093
Purchase — $175.00
Rental — $4.00
American Dental Association
Bureau of Audiovisual Service
211 East Chicago Avenue
Chicago, Illinois 60611
Rental — $1.50
Film No. DH77
DESCRIPTION:
This interracial film revolves around two 10-year-old girls, Karen and Janie, and Janie's little brother, David, and their dentists. The film provides essential "musts" of oral hygiene, dental care and proper eating habits necessary to keep teeth healthy for a lifetime.

AUDIENCE:
Elementary (6-8 years) — Adults

SUGGESTED USE:
TEETH ARE FOR LIFE can be used to familiarize the children with the basic "rules" of dental health. After you show the film, you might focus on one specific area such as the importance of routine dental exams.

AVAILABILITY:
Henk Newenhouse
1825 New Willow Road
Northfield, Illinois 60093
Purchase — $150.00
Rental — $4.00

American Dental Association
Bureau of Audiovisual Service
211 East Chicago Avenue
Chicago, Illinois 60611
Rental — $1.50
Film No. DH79
THE DOUBLE DAY OF DANNY DILLON
16mm, sound, color, 14 minutes

DESCRIPTION:
Danny, an 11-year-old, goes to his dentist for his regular dental appointment. Danny’s dentist tells him that he is not taking good care of his teeth. Together they retrace Danny’s day and through reverse film sequence, Danny discovers the many times he could practice better dental health habits. This film illustrates proper toothbrushing, swish and swallow technique, good eating habits and the need for regular dental appointments.

AUDIENCE:
Elementary (6–8 years) — Adults

SUGGESTED USE:
Danny will help you emphasize the importance of dental health and how to achieve it. It could be used for children and their parents jointly or separately. Any of the major points could be emphasized as the central topic for discussion following the film.

AVAILABILITY:
American Society of Dentistry for Children
211 East Chicago Avenue
Chicago, Illinois 60611
Purchase — $60.00
TEETH ARE TO KEEP
16mm, sound, color, 11 minutes

DESCRIPTION:
TEETH ARE TO KEEP is a cartoon that provides the "do's" for dental health. Revolving around daily activities of Roger and his family, this film focuses on proper diet and home care procedures. Tooth development and growth and function of primary and permanent teeth are briefly illustrated.

AUDIENCE:
Young children and their parents.

SUGGESTED USE:
This film will help you provide a general background of the essentials for a healthy smile. This would be a good film to show to the children and their parents at the same time. Follow-up discussion could center on one factor such as eating habits.

AVAILABILITY:
Encyclopedia Britannica Education Corp.
425 North Michigan Avenue
Chicago, Illinois 60611
Purchase — $120.00
NO TIME TO LOSE
16mm, sound, color, 41/2 minutes

DESCRIPTION:
Gayle Sayres, a Negro pro football star, emphasizes the need for total health including dental health. The basic elements of dental health are discussed and the film also urges the family to be responsible for seeking dental care for their children.

AUDIENCE:
Upper elementary (9–11 years)
Parents and program personnel

SUGGESTED USE:
This film may be of particular value for parent groups in stressing the family responsibility in obtaining and maintaining oral health.

AVAILABILITY:
American Dental Association
Bureau of Audiovisual Service
211 East Chicago Avenue
Chicago Illinois 60611

Purchase — $25.00
Rental — $1.50
Film No. DHTV76
THE BEAVER’S TALE
16mm, sound, color, 4½ minutes

DESCRIPTION:
In this lively cartoon, Mr. Beaver explains to Bobby Rabbit the importance of going to the dentist and Mr. Beaver describes the experiences Bobby will have during his first visit.

AUDIENCE:
Preschool and elementary age children.

SUGGESTED USE:
To help you orient young children for their first dental appointment.

AVAILABILITY:
American Dental Association
Bureau of Audiovisual Service
211 East Chicago Avenue
Chicago, Illinois 60611

Purchase — $25.00
Rental — $1.50
Film No. DHTV46
FILMSTRIPS

MICHAEL AND THE DENTIST
23 frames, color, accompanied by 45 RPM record

DESCRIPTION:
With delightful color, rhyme and rhythm, Michael introduces the audience to the sights and sounds of the dental office.

AUDIENCE:
Preschool and early elementary school children.

SUGGESTED USE:
MICHAEL AND THE DENTIST can help you prepare the child for his first dental appointment. After hearing the record a few times, the children might be encouraged to participate by singing.

AVAILABILITY:
Mrs. Jeanne Averill
Box 3038
Augusta, Georgia 30904

Rental:
American Dental Association
Bureau of Audiovisual Service
211 East Chicago Avenue
Chicago, Illinois 60611
$1.50
Filmstrip No. FS17

Purchase:
Complete Set $6.00
MICHAEL LEARNS TO BRUSH HIS TEETH
29 frames, color, accompanied by 45 RPM record

DESCRIPTION:
With rhyme, rhythm and color, Michael stimulates interest in and introduces the audience to a method of toothbrushing.

AUDIENCE:
Preschool and early elementary school children.

SUGGESTED USE:
This record filmstrip will help you to teach toothbrushing. It is a necessity that you follow up with a toothbrushing demonstration for the children. Ideally, a toothbrush should be provided for each child so he can brush his teeth while you supervise the method.

AVAILABILITY:
Mrs. Jeanne Averill
Box 3038
Augusta, Georgia 30904

Purchase:
Complete Set $6.00
MICHAEL LIKES GOOD FOOD
36 frames, color, accompanied by 45 RPM record
DESCRIPTION:
With rhythm and rhyme, Michael practices eating habits that are desirable for dental health. Emphasis is placed on eating sweets only with meals and selecting and eating non-sweets for between meal snacks.
AUDIENCE:
Preschool and early elementary school children.
SUGGESTED USE:
This teaching aid can be helpful in introducing the topic and/or reinforcing it. See pages 49 and 50 for additional classroom suggestions.

MICHAEL GETS A LETTER
39 frames, color, accompanied by 45 RPM record
DESCRIPTION:
Via verse and with background music, the filmstrip promotes the practice of regular dental appointments and helps prepare the child for experiences he may have during his routine appointments. Some of the dental procedures, instruments and equipment the child most often encounters in the dental office are identified and explained.
AUDIENCE:
Preschool and early elementary school children.
SUGGESTED USE:
As an aid to introduce or reinforce the practice of regular dental appointments. You may also want to emphasize one of the dental procedures, such as topical fluorides, that is presented.
AVAILABILITY:
For information write: Community Programs Branch, Division of Dental Health, National Institutes of Health, 9000 Rockville Pike, Bethesda, Maryland 20014, or your Regional Dental Consultant (see page 53 for address).
PEDRO Y EL DENTISTA
(PEDRO AND THE DENTIST)
and
PEDRO APRENDE A LAVARSE LOS DIENTES
(PEDRO LEARNS TO BRUSH HIS TEETH)

Spanish and English Versions
23 and 29 frames, color, accompanied by
a 33-1/3 RPM record

DESCRIPTION:
These two filmstrips are translations of MICHAEL AND THE DENTIST and MICHAEL LEARNS TO BRUSH HIS TEETH, (see pages 27 and 28), and are packaged with a 33-1/3 RPM record. Side one features PEDRO AND THE DENTIST first in Spanish and then in English. Side two has PEDRO LEARNS TO BRUSH HIS TEETH also in Spanish and English.

AUDIENCE:
Spanish—speaking preschool and early elementary school children.

SUGGESTED USE:
Same as for MICHAEL AND THE DENTIST and MICHAEL LEARNS TO BRUSH HIS TEETH.

AVAILABILITY:
For information write: Community Programs Branch, Division of Dental Health, National Institutes of Health, 900 Rockville Pike, Bethesda, Maryland 20014, or your Regional Dental Consultant (see page 53 for address).
PEDRO LE GUSTA LA BUENA COMIDA  
(PEDRO LIKES GOOD FOOD)  
and  
PEDRO RECIBE CARTA  
(PEDRO RECEIVES A LETTER)  
Spanish and English Versions  
36 and 39 frames, color, accompanied by  
a 33–1/3 RPM record  

DESCRIPTION:  
These two filmstrips are translations of "Michael Likes Good Food" and "Michael Gets a Letter" (see page 29 for details) and are packaged with a 33–1/3 RPM record. Side one presents "Pedro Likes Good Food" first in Spanish and then in English with a Spanish accent. Side two has "Pedro Gets A Letter" in Spanish followed in English with a Spanish accent.  

AUDIENCE:  
Preschool and early elementary age children from Spanish speaking families.  

SUGGESTED USE:  
Same as for "Michael Likes Good Food" and "Michael Gets A Letter."  

AVAILABILITY:  
For information write: Community Programs Branch, Division of Dental Health, National Institutes of Health, 9000 Rockville Pike, Bethesda, Maryland 20014, or your Regional Dental Consultant (see page 53 for address).
PRINTED MATERIALS

DENTAL HEALTH FACTS FOR TEACHERS

DESCRIPTION:
This booklet provides background information for individuals who are teaching children the elements of dental health. It also suggests teaching approaches for various grade levels. Illustrated.

AUDIENCE:
Teachers and nurses specifically and others responsible for teaching dental care education.

SUGGESTED USE:
A useful reference to be distributed to classroom teachers and nurses.

AVAILABILITY:
American Dental Association
Order Section
211 East Chicago Avenue
Chicago, Illinois 60611

Price per quantity:
Order No. S13

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*One sample copy available upon request.
DENTAL HEALTH TEACHING OUTLINE, #1

DESCRIPTION:
This booklet is designed to aid the teacher plan a dental care education program for first, second and third grade children. The format is one with which teachers are familiar.

AUDIENCE:
Teachers specifically, although most individuals teaching dental health would benefit.

SUGGESTED USE:
This outline could be distributed to teachers during their general dental health orientation session.

AVAILABILITY:
American Dental Association
Order Section
211 East Chicago Avenue
Chicago, Illinois 60611
Order No. S22
Price: $.30 each

HEALTHY TEETH — A HAPPIER SCHOOL CHILD

DESCRIPTION:
This 2-page leaflet contains the A B C's of good dental health.

A — Desirable Food
B — Toothbrushing
C — Early Dental Care

AUDIENCE:
Parents of young children and program personnel.

SUGGESTED USE:
This leaflet will be useful for some parents if it is distributed and discussed during a general dental health orientation program.

AVAILABILITY:
American Dental Association
Order Section
211 East Chicago Avenue
Chicago, Illinois 60611
Order No. G13
Copies: Price:
25 .75
50 1.40
100 2.50
500 8.00
THE CARE OF YOUR CHILDREN'S TEETH

DESCRIPTION:
This booklet provides general dental health information in terms easily understood and contains some illustrations.

AUDIENCE:
Mainly for parents of young children.

SUGGESTED USE:
This booklet could be used to reinforce dental health concepts presented during a parent discussion group.

AVAILABILITY:
Superintendent of Documents
U.S. Government Printing Office
Washington, D.C. 20402

15¢ per single copy — 25% discount with 100 or more copies.

POINTERS FOR PARENTS: YOUR CHILD'S FIRST VISIT TO THE DENTIST

DESCRIPTION:
As the title denotes, this pamphlet provides advice to parents of young children who are anticipating their first dental appointment. It is relatively simple and easy to read.

AUDIENCE:
Parents and program personnel.

SUGGESTED USE:
Distribute to parents and program personnel following a discussion about preparing the young child for his first dental appointment.

AVAILABILITY:

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I'M GOING TO THE DENTIST

DESCRIPTION:
A 2-color, illustrated booklet with a brief text about a small boy and his younger sister who visit their dentist.

AUDIENCE:
Young children.

SUGGESTED USE:
This booklet could be read to the children and then discussed in class. It also may be sent home for parents to read to their child or placed in the classroom for the child to use.

AVAILABILITY:
Order No. G1
American Dental Association
Order Section
211 East Chicago Avenue
Chicago, Illinois 60611
Copies: Price:
2-24 $ .10 ea.
25 1.75
50 3.00
100 5.25

*One sample copy available upon request.

A VISIT TO THE DENTIST

DESCRIPTION:
A 4-color, illustrated booklet with a brief text about Judy and Johnny's visit to the dentist.

AUDIENCE:
Young children.

SUGGESTED USE:
You could use this booklet for story time and later discuss the children's personal experiences relating to their dental appointments.

AVAILABILITY:
Order No. S14
American Dental Association
Order Section
211 East Chicago Avenue
Chicago, Illinois 60611
Copies: Price:
2-24 $ .15 ea.
25 3.50
50 6.50
100 12.50

*One sample copy available upon request.
THE FRIENDLY GHOST, CASPER,
AND THE FRIENDLY DENTIST

DESCRIPTION:
The 16-page, color comic book features Casper who helps explain how to have a healthy mouth.

AUDIENCE:
Young children.

SUGGESTED USE:
This comic book could be sent home with the child and shared with his parents and other members of the family.

AVAILABILITY:
American Dental Association
Order Section
211 East Chicago Avenue
Chicago, Illinois 60611

Order No. G30
Copies: Price:
25 52.25
50 4.00
100 7.00
FOOD AND CARE FOR DENTAL HEALTH

DESCRIPTION:
The main part of this booklet is devoted to explaining the relationship between food and dental health.

AUDIENCE:
Teachers and nurses.

SUGGESTED USE:
As a resource for teachers and nurses.

AVAILABILITY:
National Dairy Council
111 Canal Street
Chicago, Illinois 60606
Prices vary according to location. Many are distributed free.

YOU CAN TEACH TOOTHBRUSHING

DESCRIPTION:
This illustrated pamphlet explains how to teach a method of toothbrushing to early elementary school age children.

AUDIENCE:
Teachers, nurses, or other individuals who instruct children in oral hygiene.

SUGGESTED USE:
As a guide for the adult who teaches others how to brush.

AVAILABILITY

Order No. S11
Order Section
Copies: * Price:
2-24 $ .05 Ea.
211 East Chicago Avenue
25 1.10
Chicago, Illinois 60611
50 1.95
100 3.10

*One sample copy available on request.
POSTERS

DO YOU? — Poster and Miniature
color, 24 x 19, 4-3/4 x 6

DESCRIPTION:
Photographs of children of different races illustrate the three questions:
Do you keep your teeth clean? ... visit your dentist? ... eat good food?

AVAILABILITY:
National Dairy Council
111 Canal Street
Chicago, Illinois 60606
Prices vary according to location. Many are distributed free.

CHILD’S WASH–EAT–BRUSH POSTER

DESCRIPTION:
This 2–color miniature poster serves as a reminder to the child to wash before eating and to brush his teeth after eating. It is gummed on one side so it can be put on the bathroom mirror.

AVAILABILITY:
Order No. G11
American Dental Association
Copies: Price:
Order Section 25 $ .65
211 East Chicago Avenue
Chicago, Illinois 60611
100 1.75
500 6.00
1000 11.00

ELEMENTARY SCHOOL POSTERS *
12 x 16½ — color

DESCRIPTION:
A set of four interracial posters that focus on children performing good dental health practices.

AVAILABILITY:
Order No. S8
American Dental Association
Copies: Price:
Order Section 1 set of 4 Posters $ .60
211 East Chicago Avenue
Chicago, Illinois 60611
25 sets 8.00
50 sets 15.00
100 sets 25.00

*These are also available in miniature size of 3 x 4 inches for children to take home. Order No. S8 a–d
25 sets—$1.15; 50 sets—$2.00; 100 sets—$3.50
TEACHING PICTURES

FOOD AND NUTRITION
11 x 14½ inches

DESCRIPTION:
Each packet contains 12 full-color, multiracial pictures and resource sheets. Resource sheets provide suggestions for: learning activities, story time, and questions for discussion on most aspects of food and nutrition.

AUDIENCE:
Young children.

AVAILABILITY:
David C. Cook Publishing Company
850 North Grove Avenue
Elgin, Illinois 60120
Order # A1534
$1.98 per set

*Miniatures to take home are also available. Five each of the 12 pictures (total of 60). Order # A1545 — $1.25 per set.

HEALTH AND CLEANLINESS
11 x 14½ inches

DESCRIPTION:
Twelve full-color, multiracial pictures and resource sheets on health and cleanliness. Although only two of these posters relate specifically to dentistry, the package is well done and has many uses.

AUDIENCE:
Young children.

AVAILABILITY:
David C. Cook Publishing Company
850 North Grove Avenue
Elgin, Illinois 60120
Order # A1530
$1.98 per set

*Miniatures to take home are also available. Five each of the 12 pictures (total of 60). Order # A1546 — $1.25 per set.
TEACHING AIDS

MODELS FOR GROUP DEMONSTRATION

DESCRIPTION:
A large model of teeth for group demonstration of toothbrushing and choice of #12 two-row, six-tufts, or #39 multitufted toothbrush.

SUGGESTED USE:
To demonstrate toothbrushing for a group.

AVAILABILITY:
Lactona Products Division
201 Tabor Road
Morris Plains, New Jersey 07950

$8.50 per set

INDIVIDUAL TOOTHBRUSHING KITS

SUGGESTED USE:
Demonstrate the proper brushing method, then distribute the kits you choose and have the children brush their teeth while you supervise their attempts.

AVAILABILITY OF KITS:
Various commercial sources offer toothbrushing kits for purchase. Several of these sources are listed below:

Source: Proctor & Gamble
These must be ordered through Professional Services
a dentist or dental hygienist. P.O. Box 747

Kit Contains:
P.O. Box 747
1 Junior-size toothbrush Cincinnati, Ohio 45201
1 tube "Crest" Toothpaste
1 brushing pamphlet
2 disclosing tablets (see

description page 42)

Prices:
1 to 4 cases — $7.50 per case
4 or more cases — $6.75 per case
Prices include delivery to buyer.
Case contains 36 individual kits.

For Regular flavored Crest, order Junior Multi—Tuft Kit
#7086—6. For Mint flavored Crest order Junior Multi—
Tuft Kit #7006—3.
Tuffy Tooth Cavity Fighter Kits

Kit Contains:

Youth Tooth Brush
1 tube Colgate
Tuffy Tooth Comic Book
2 Disclosing Tablets (see page 42 for description)
Plastic Mouth Mirror

Prices:

1 doz. – $ 4.00
3 doz. – 12.00
12 doz. – 45.00

Source: American Dental Association
Order Section
211 East Chicago Avenue
Chicago, Illinois 60611

#10 Kit Contains:

35 child-size toothbrushes
35 "Wash-Eat-Brush Posters" (for children)
35 Pamphlets for Parents
1 copy of teacher's manual "You can Teach Toothbrushing"

$3.50 per kit. Price includes delivery to buyer.
Kit does not contain dentifrice.

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OTHER AIDS

DISCLOSING TABLETS

DESCRIPTION:
Disclosing tablets are harmless red food coloring wafers. When these are dissolved in the mouth, the red dye colors the parts of the teeth that are not clean to make these areas clearly visible to the child.

AVAILABILITY:
Several manufacturers offer disclosing tablets for purchase in bulk at reduced rates. Examples of these sources are listed below. Disclosing tablets/wafers are also available in most drug stores in smaller quantities.

Source:
Order through a dentist or dental hygienist

Prices:
#70049 – 288 tabs per carton – $4.00
#70070 – 5000 tabs – $40.00
(Instructions for use are included.)

Source:
Order through a dentist

Prices:
100 tabs – $2.00
300 tabs – $6.00

Source:
Order through a dentist

Price:
1000 wafers – $7.50

Proctor & Gamble
Professional Services
P. O. Box 747
Cincinnati, Ohio 45201

Colgate Palmolive Co.
Professional Services Dept.
740 N. Rush Street
Chicago, Illinois 60611

Amurol Products Co.
P. O. Box 300
Naperville, Illinois 60540
SUGGESTED ACTIVITIES
Active participation of "learners" is desirable in order to stimulate interest in and reinforce dental health education presented by other means.

This section offers ideas to promote participation in dental health activities for the child and his parents. The suggested activities can aid in coordinating dental health instruction into daily classroom activities and parent discussion groups.
To prepare the child for his first dental appointment:

MATERIALS TO AID YOU:

"Michael and the Dentist"
DuKane Micromatic Projector or record player and filmstrip projector
Child-size dentist's jacket, dental hygienist's white uniform and cap
Art materials

Show "Michael and the Dentist"

After the children have seen and heard the record-filmstrip, play it again and encourage the children to sing along with Mike. Have the children dramatize what happened in the filmstrip.

Conduct a field trip to a local dentist's office.

The firsthand experience of visiting a dental office prior to an initial appointment can help ward off apprehension. The experience of the field trip might be expressed by the children in the classroom through:

- story telling — relating their experiences.
- role playing — taking turns at playing: dentist, dental assistant, dental hygienist and patient. Perhaps a parent could make a dentist's jacket and white uniforms for the dental hygienist and assistant as costumes for the children.

"Pedro and the Dentist" for Spanish-speaking children.
art work — drawing pictures of their visit to the dental office. These could be displayed on the bulletin board, made into a booklet, or taken home.

Identify people from your community (WHO AM I, WHAT DO I DO?). Include the dentist, dental hygienist and dental assistant. Discussion could center around dental health as a part of growing up and the role of the dentist helping us keep our smiles healthy and bright.

Invite a dentist or dental hygienist, as a community helper, to talk with the children in the classroom.

Have each child develop an autobiography, diary or scrapbook in picture form which includes their dental activities, such as "I'm going to the dentist" and "brushing my teeth".
To encourage children to brush their teeth.

MATERIALS TO AID YOU

"Michael Learns to Brush His Teeth"
DuKane Micromatic Projector or a record player and a filmstrip projector
Demonstration-size toothbrush and model teeth
Toothbrush Kit for each child

Show "Michael Learns to Brush His Teeth"
Encourage the children to sing along with Mike.

Give toothbrushing demonstration.

With a large-size model of teeth and toothbrush, demonstrate how to brush. Then distribute the toothbrush kits and have the children brush their teeth.

Stress — How to brush
When to brush
The fresh clean feeling after brushing

Challenge — Challenge the children with "Can YOU do it?" Praise their achievements and correct their procedure as necessary.

Follow up — Have the children brush their teeth after their between meal snack or lunch each day.

"Or "Pedro Learns to Brush His Teeth"
Have the children cut out faces of smiling people and make a collage for the classroom or home.

On a "cut-and-paste" — Draw a toothbrush, tube of toothpaste, water glass, and a smile showing teeth; mimeograph these and give each child two sheets. On one sheet the children can color and/or cut them out and paste on the second sheet. The child could also print his name on the toothbrush indicating it is his own.

Make a dentifrice to be used in the classroom or to take home.

Mix: 1 part table salt
2 parts baking soda
Few drops of peppermint oil

Combine ingredients in amounts large enough to supply each child with a sample.

Let the children help make and decorate a toothbrush holder for brushes used in school.

Encourage the children to share their projects and activities with their families.
To encourage the child to eat foods that are good for him and to encourage the selection of non-sweet, between-meal snacks.

MATERIALS TO AID YOU:

"Michael Likes Good Food" *
DuKane Micromatic Projector or record player and filmstrip projector
art materials
selected foods

Show "Michael Likes Good Food"

Focus a discussion on proper food selection and eating habits at home and away from home. You might ask the children what foods they have taken to eat on picnics. Or plan a picnic and have the children help plan what foods to bring.

Have the children help plan a snack party and invite parents to share the party.

Let the children help select the snack food (see page 51 for suggestions).

Let the children help prepare the food for serving.

*Or Pedro Likes Good Food
Discuss the selected foods in relation to:

- color
- texture
- where various foods come from, and
- how they grow

STRESS the difference between crispy food such as carrots and apples and sticky food that clings to the teeth and helps cause decay.

STRESS the importance of eating non-sweet foods between meals.

STRESS the desirability of eating sweet-sticky foods only after meals - then brushing.

Have the children make "good-snack mobiles" by drawing pictures of foods or by cutting pictures out of magazines. Connect the pictures with string to wire coat hangers. Be certain to include foods with which the children are familiar.

To demonstrate how sticky foods cling to the teeth as opposed to crisp foods, use:

- An apple
- Marshmallow cream topping
- A dinner knife

The knife represents the teeth. First dip the knife in the topping, show how it clings to the knife as it does teeth. Then cut the apple which will clean the knife.
SUGGESTED SNACKS
(Use what is available locally)

GOOD AND JUICY
- Apples
- Berries
- Oranges
- Dill Pickles
- Grapefruit
- Grapes
- Peaches
- Pears
- Plums
- Tomatoes

CRUNCHY
- Carrots
- Cauliflower
- Celery
- Apples
- Cabbage Wedges
- Squash
- Radishes
- Bell Peppers
- Cucumber Slices
- Popcorn

THIRSTY
- White milk
- Buttermilk
- Tomato Juice
- Unsweetened Fruit Juice
- Diet Drinks

REALLY HUNGRY
- Meat cubes or slices
- Cheese cubes or slices
- Sardines
- Eggs
- Nuts

BETWEEN MEAL SNACKS THAT HURT OUR TEETH AND APPETITE:
- Cake
- Candy
- Cookies
- Pie
- Sugar-coated cereals
- Jam – Jelly – Syrups
- Sweetened fruits and juices
- Dried fruits
- Crackers

*Adapted from "Good Snacks Help Protect Teeth," produced by Ohio State Department of Health.
WORKING WITH PARENTS

It is necessary to promote parental involvement in dental health activities for they can reinforce at home what the child learns from you.

To promote parental involvement:

Invite them to the classroom and to join you on field trips.

Start parent discussion groups. Find out what the parents want and need to help their children have better dental health. Encourage them to plan and participate in the program.

Give them responsibilities in the program.

Encourage participating parents to work for the program by helping other parents understand the value of dental health.

Include dental health activities of the children in your Newsletter to Parents.

Include dental health in your Home Visitor Program.
DIVISION OF DENTAL HEALTH
REGIONAL AND FIELD OFFICES

All inquiries should be addressed "Attention Regional Dental Consultant" at any of the following addresses.

**HEW Region I**
John Fitzgerald Kennedy Federal Bldg.
Boston, Massachusetts 02203

**Connecticut**
Maine
Massachusetts
New Hampshire
Rhode Island
Vermont

**HEW Region II**
26 Federal Plaza
New York, New York 10007

**Delaware**
New Jersey
New York
Pennsylvania

**HEW Region III**
220 Seventh Street N. E.
Charlottesville, Virginia 22901

**D. C.**
Kentucky
Maryland
North Carolina
Puerto Rico
Virgin Is.
Virginia
W. Virginia

**HEW Region IV**
50 Seventh Street N. E.
Atlanta, Georgia 30323

**Alabama**
Florida
Georgia
Mississippi
S. Carolina
Tennessee

**HEW Region V**
New P. O. Building
433 W. Van Buren Street
Chicago, Illinois 60607

**Illinois**
Indiana
Michigan
Ohio
Wisconsin
HEW Region VI
601 East 12th St. (Rm. 528-G)
Kansas City, Missouri 64106

Iowa
Kansas
Minnesota
Missouri
Nebraska
North Dakota
South Dakota

HEW Region VII
1114 Commerce Street
Dallas, Texas 75202

Arkansas
Louisiana
New Mexico
Oklahoma
Texas

HEW Region VIII
9017 Federal Office Bldg.
19th and Stout Streets
Denver, Colorado 80202

Colorado
Idaho
Montana
Utah
Wyoming

HEW Region IX
Federal Office Building
50 Fulton Street
San Francisco, California 94102

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California
Hawaii
American Samoa
Nevada
Oregon
Washington
Guam
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<tr>
<th>State Department of Public Health</th>
<th>District of Columbia Department of Public Health</th>
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<td>Room 814, Universal N. Bldg.</td>
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<tr>
<td>Montgomery, Alabama 36104</td>
<td>1875 Connecticut Ave., N. W.</td>
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<td>Alaska Department of Health and Welfare</td>
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<td>P. O. Box 3-2000</td>
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<td>47 Trinity Avenue, S.W.</td>
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<tr>
<td>Phoenix, Arizona 85007</td>
<td>Atlanta, Georgia 30334</td>
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<td>State Health Building</td>
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<td>Agana, Guam 96910</td>
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<td>Boise, Idaho 83707</td>
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<td>79 Elm Street</td>
<td>535 W. Jefferson Street</td>
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<td>Springfield, Illinois 62706</td>
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State Board of Health  
1330 West Michigan Street  
Indianapolis, Indiana 46207

State Department of Health  
Robert Lucas Building  
Des Moines, Iowa 50319

State Department of Health  
State Office Building  
Topeka Avenue at Tenth  
Topeka, Kansas 66612

State Department of Health  
275 East Main Street  
Frankfort, Kentucky 40601

State Board of Health  
Civic Center  
P.O. Box 60630  
New Orleans, Louisiana 70160

Maine Department of Health and Welfare  
Bureau of Health  
State House  
Augusta, Maine 04330

State Department of Health  
State Office Building  
301 West Preston Street  
Baltimore, Maryland 21201

Massachusetts Department of Public Health  
540 State House  
Boston, Massachusetts 02133

Michigan Department of Public Health  
3500 North Logan Street  
Lansing, Michigan 48914

State Department of Health  
University Campus  
Minneapolis, Minnesota 55440

State Board of Health  
Felix J. Underwood State Board of Health Building  
P.O. Box 1700  
Jackson, Mississippi 39205

Missouri Department of Public Health and Welfare  
State Office Building  
221 West High Street  
Jefferson City, Missouri 65101

State Board of Health  
Cogswell Building  
Helena, Montana 59601

State Department of Health  
State House Station  
Box 94757  
Lincoln, Nebraska 68509

Division of Health  
State Department of Health, Welfare and Rehabilitation  
201 South Falls Street  
Carson City, Nevada 89701
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<td>225 North McDowell Street</td>
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