

**Child Health & Disability Prevention (CHDP) Program
Oral Health Educational Resources
For Children and Teens
(6 – 20 years)**



Child Health & Disability Prevention (CHDP) Program

Oral Health Educational Resources

For Children and Teens (6-20 years)

A healthy mouth is part of a healthy body. The *Oral Health Educational Resources Guide for Children and Teens (6-20 years)* is intended for use by CHDP providers to help access various oral health educational materials for patients within this age group. This list was compiled by the CHDP Bay Area Regional Dental Subcommittee and contains ordering information, description of the materials, and targeted age groups to better direct the CHDP provider to the specific topic of interest. Materials can be used as a supplement for anticipatory guidance discussions.

An oral health education resource guide for 0-5 years is in development and will be available mid-to-late 2010. Until then please check the First 5 Oral Health web site at <http://www.first5oralhealth.org> for information and resources.

12/09

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***Child Health & Disability Prevention (CHDP) Program
Oral Health Educational Resources
For Children and Teens (6-20 years)***

- ❑ **General Health**
- ❑ **Preventive Services and Agents (Dental Sealants, Fluoride, and Xylitol)**
- ❑ **Diet and Nutrition**
- ❑ **Oral Development and Orthodontics (Braces)**
- ❑ **Mouthguards & Dental Emergencies**
- ❑ **Halitosis**
- ❑ **Oral Piercing and Dental Grills**
- ❑ **Teeth Whitening**
- ❑ **Eating Disorders**
- ❑ **Tobacco**
- ❑ **Methamphetamine Use and Oral Health**
- ❑ **Special Needs**
- ❑ **Oral Health and Pregnancy**

GENERAL ORAL HEALTH

| Title/Number | Order Source | Price | Notes | Target | Available Languages |
|---|--|---|---|--------|---------------------|
| Proper Brushing | The American Dental Hygienists' Association (312) 440-8900 www.adha.org | Free internet download | One page sheet illustrating 5 steps to proper brushing (download at: http://www.adha.org/oralhealth/brushing.htm) | Teens | English |
| Proper Flossing | The American Dental Hygienists' Association (312) 440-8900 www.adha.org | Free internet download | One page sheet illustrating 4 steps to proper flossing (download at: http://www.adha.org/oralhealth/flossing.htm) | Teens | English |
| Flossing Quick Reference Card W258 | American Dental Association www.ada.org Click on "Catalog" tab Insert W258 in Search Box | Member \$29 for 100 Non-Member \$43.50 for 100 | A card illustrating the step-by-step proper flossing techniques. | Teens | English |
| Brushing Quick Reference Card W257 | American Dental Association www.ada.org Click on "Catalog" tab Insert W257 in Search Box | Member \$29 for 100 Non-Member \$43.50 for 100 | A card illustrating the proper way to brush and maintain good oral health | Teens | English |

GENERAL ORAL HEALTH

| Title/Number | Order Source | Price | Notes | Target | Available Languages |
|---|---|---|--|--------|---------------------|
| Care of Teeth | National Center for Farm workers Health, Inc. www.ncfh.org | Free internet download | Two page sheet with 4 steps to proper brushing, 3 steps to proper flossing, and 6 tips for home care (download at: http://www.ncfh.org/pdfs/BilingualEd/PDF19.pdf http://www.ncfh.org/pdfs/BilingualEd/PDF20.pdf | Teens | English & Spanish |
| How To Brush? | Virginia Department of Health (804)864-7775 | Free samples | A two-side card that illustrates how to brush your teeth. http://www.vahealth.org/dental/forms/oralhealthorder_form.htm Scroll down to <i>Oral Hygiene</i> Click on <i>How to Brush?</i> | Teens | English & Spanish |
| Why Floss? | Virginia Department of Health (804)864-7775 | Free samples | A two-side card that illustrates how to floss and describes why you should floss. http://www.vahealth.org/dental/forms/oralhealthorder_form.htm Scroll down to <i>Oral Hygiene</i> Click on <i>Why Floss?</i> | Teens | English & Spanish |
| Taking Care of Your Teeth and Gums DAB 011 | American Dental Association www.ada.org Click on "Catalog" tab Insert DAB 011 in Search Box | Member \$ 67 for 150 Non-Member \$100.50 for 150 | Comprehensive prevention information that includes step-by-step photos on how to brush and floss. | Teens | English |
| The First Thing They Notice is Your Smile | Virginia Department of Health | Free samples | A pocket-size brochure describing six tips to keep your teeth healthy. http://www.vahealth.org/dental/forms/oralhealthorder_form.htm Scroll down to <i>Adolescents</i> Click on brochure | Teens | English |

PREVENTIVE SERVICES and AGENTS

(Dental Sealants, Fluoride, and Xylitol)

| Title/Number | Order Source | Price | Notes | Target | Available Languages |
|--|---|------------------------|---|-----------------------------|---------------------|
| How Sealants are Applied to Teeth | State of North Carolina http://www.communityhealth.dhhs.state.nc.us/dental/ed_resources_2.htm Scroll down and click on <i>Dental Sealants</i> . Click on <i>How Sealants are Applied to Teeth</i> . | Free internet download | Answers many of the common questions parents ask about sealants. | Children | English |
| Put a Seal on Dental Decay | Department of Health, Pennsylvania http://www.dsf.health.state.pa.us/health/lib/health/DentalSealantsBrochure20080514.pdf | Free internet download | Answers questions on sealants | Parents of Children & Teens | English |
| Dental Sealants Questions & Answers | State of North Carolina http://www.communityhealth.dhhs.state.nc.us/dental/ed_resources_2.htm Scroll down and click on <i>Dental Sealants</i> . Click on <i>Dental Sealants Questions & Answers</i> . | Free internet download | Graphically illustrates the typical procedure for applying dental sealants. | Children | English Spanish |
| Seal Away Tooth Decay | Division of Dental Health / Virginia Department of Health http://www.vahealth.org/dental/forms/oralhealthorder_form.htm Scroll down and click on <i>Dental Sealants and Fluoride Section</i> | Free | Describes benefits of sealants and ease of application. | Children & Preteens | English Spanish |

PREVENTIVE SERVICES and AGENTS

(Dental Sealants, Fluoride, and Xylitol)

| Title/Number | Order Source | Price | Notes | Target | Available Languages |
|--|---|------------------------|--|----------|---------------------|
| Fluoride | American Academy of Pediatric Dentistry http://www.aapd.org/ On the left side of the screen click on <i>Parent Resource Center</i> Click on <i>Parent Education Brochures</i> Scroll down to <i>FLUORIDE</i> and click to open | Free internet download | Answers many of the common questions parents ask about fluoride. | Children | English |
| Xylitol: The Decay-Preventive Sweetener | California Dental Association www.cda.org/popup/xylitol | Free internet download | Answers frequently asked questions about Xylitol. | Teens | English |

DIET and NUTRITION

| Title/Number | Order Source | Price | Notes | Target | Available Languages |
|---|--|------------------------|---|----------|---------------------|
| <i>Balance Your Day With Food & Play</i> | USDA Food and Nutrition Service http://teamnutrition.usda.gov/Resources/eatsmartbrochures.html Click on topic | Free | Making decisions on how much to eat as it relates to activity brochure. | All ages | English & Spanish |
| <i>Power Up with Breakfast</i> | USDA Food and Nutrition Service http://teamnutrition.usda.gov/Resources/eatsmartbrochures.html Click on topic | Free | A brochure illustrating the importance of breakfast. | Teens | English & Spanish |
| <i>Grab Quick & Easy Snacks</i> | USDA Food and Nutrition Service http://teamnutrition.usda.gov/Resources/eatsmartbrochures.html Click on topic | Free | Ideas on healthy quick snacks brochure. | All ages | English & Spanish |
| <i>Snacking... What's in Your Cupboard?</i> | County of San Diego Health & Human Services http://www.sharethecaredental.org/website/resources/nutrition.html | Free internet download | A one page sheet illustrating how to choose healthy snacks for your body and mouth. | All ages | English |
| <i>What's in Your Cup</i> | County of San Diego Health & Human Services http://www.sharethecaredental.org/website/resources/nutrition.html | Free internet download | A brochure illustrating the amount of sugar and fat in beverages can contribute to the development of obesity and dental disease. | Teens | English & Spanish |
| <i>Caution: Sweetened Beverages</i> | South Dakota Department of Health https://apps.sd.gov/applications/PH18Publications/Secure/PublicationsInt/SweetenedBeverages.pdf | Free internet download | Brochure highlights how sweetened beverages are the main source of sugar in the American diet. | Teens | English |

ORAL DEVELOPMENT and ORTHODONTICS (Braces)

| Title/Number | Order Source | Price | Notes | Target | Available Languages |
|---|--|------------------------|--|-------------------|---------------------|
| Tooth Eruption The Permanent Teeth | American Dental Association http://www.ada.org Go to the center panel, <i>The Public</i> , click on <i>Oral Health Topics A-Z</i> . Click on the letter "T". Scroll down to <i>Tooth Eruption Chart</i> . Click on <i>Additional Resources</i> . Scroll down to <i>Download the following Eruption Charts</i> . | Free internet download | One page sheet identifies the names of the permanent teeth and provides the approximate ages at which you can expect the teeth to erupt. | Teens & Providers | English |
| Wisdom Teeth | California Dental Association http://www.cda.org/popup/wisdom_teeth | Free internet download | One-page sheet with information on wisdom teeth. | Teens | English |
| Space Maintenance | American Academy of Pediatric Dentistry www.aapd.org/publications/brochures/space.asp | Free internet download | Questions and answers on losing baby teeth early and how a space maintainer can help until the permanent tooth take their natural position in the jaw. | Teens | English |
| Early Orthodontic Care | American Academy of Pediatric Dentistry www.aapd.org/publications/brochures/earlyortho.asp | Free internet download | A one-page sheet with information on malocclusion and how early treatment can prevent more extensive treatment later. | Teens | English |
| What is Malocclusion? | American Academy of Pediatric Dentistry http://www.aapd.org/publications/brochures/maloccl.asp | Free internet download | A one-page sheet giving information on what is a malocclusion condition and how to correct it. | Teens | English |
| Braces and Orthodontics | American Dental Association http://www.ada.org/public/topics/braces_faq.asp | Free internet download | Frequently asked questions and answers on braces and orthodontics. | Teens | English |

MOUTHGUARDS & DENTAL EMERGENCIES

| Title/Number | Order Source | Price | Notes | Target | Available Languages |
|---|--|---|--|----------------|---------------------|
| <i>Handling Your Child's Dental Emergency W147</i> | American Dental Association (800)947-4746 www.ada.org Click on "Catalog" tab Insert W147 in Search Box | Member = \$29 Non Member = \$43.50 per pack of 100 | Get help saving teeth Outlines the steps to take during the seven most common dental emergencies. | Young Children | English |
| <i>Keep Your Teeth Safe Dental Emergencies – What You Can Do</i> | CHDP Oral Health Handbook and Resources (Not on Website, yet) www.dhcs.ca.gov/chdp | Free | Dental Emergency Kit Safety Rules Protect Yourself from Head to Toe Dental Emergencies | All | English |
| <i>Protect Your Smile with a Mouthguard W248</i> | American Dental Association (800)947-4746 www.ada.org Click on "Catalog" tab Insert W248 in Search Box | Member = \$27 Non-Member = \$40.50 per pack of 50 | Choosing a mouthguard Caring for mouthguards Cautions and reminders | Teens | English |
| <i>Sport a Safe and Healthy Smile</i> | Share the Care – Dental Health Initiative of San Diego www.sharethecaredental.org/website/resources/dentalsafety.html (619)692-8858 | 50 free | Prevention of injury with mouth guards Types of mouthguards Nutrition | All | English Spanish |
| <i>Stay in the Game W510</i> | American Dental Association (800)947-4746 www.ada.org Click on "Catalog" tab Insert W510 in Search Box | Member = \$26 Non-Member = \$39 per pack of 50 | Mouthguards Braces Oral piercings Dental Emergencies | Teens | English |

HALITOSIS

| Title/Number | Order Source | Price | Notes | Target | Available Languages |
|---|---|-------------------------------|---|--------------|----------------------------|
| <p><i>Bad Breath: An Embarrassing Problem</i></p> | <p>CA Childcare Health Program 1.800.333.3212 www.ucsfchildcarehealth.org</p> <p>Click on <i>Publications & Resources</i>. Click on <i>Fact Sheets for Families</i>. Scroll down and click on <i>Bad Breath An Embarrassing Problem</i>.</p> | <p>Free internet download</p> | <p>Bad breath can be a problem with social consequences. Children are usually unaware of the problem unless told by others.</p> <p>Two page flier</p> | <p>Teens</p> | <p>English Spanish</p> |
| <p><i>Banish bad breath: Good dental care can keep your mouth smelling sweet</i></p> | <p>DeCare Dental www.decare.com</p> <p>On the left hand side click on <i>Oral Health Information</i>. Scroll down to <i>Oral Health Articles</i>. Click on <i>Banish Bad Breath</i>.</p> | <p>Free internet download</p> | <p>If you are concerned about bad breath first make sure you are taking care of your mouth and gums by practicing good dental habits.</p> <p>Two page flier</p> | <p>Teens</p> | <p>English</p> |

ORAL PIERCINGS and DENTAL GRILLS

| Title/Number | Order Source | Price | Notes | Target | Available Languages |
|--|--|------------------------|---|--------|---------------------|
| Oral Piercing and Health Fact Sheet | American Dental Association http://www.ada.org/prof/resources/pubs/jada/patient/patient_04.pdf | Free internet download | Procedure-related risk and jewelry-related complications. | Teens | English |
| Oral Piercing Fact Sheet | Academy of General Dentists http://www.agd.org/public/OralHealthFacts/files/pdfgenerator.aspx?pdf=FS_oralpiercing.pdf&id=&margin=4 | Free internet download | Facts about oral piercing and problems caused by piercing. | Teens | English |
| To Pierce or not to Pierce | Academy of General Dentists www.knowyourteeth.com Go to ABCs of Oral Health, Click on "T". Click on Teen's Oral Health, and then click on <i>To Pierce or not to Pierce</i> . | Free internet download | The problems that can arise from an oral piercing are reviewed. | Teens | English |
| So You Want to Pierce Your Tongue? | Academy of General Dentists www.knowyourteeth.com Go to ABCs of Oral Health, Click on "T". Click on Teen's Oral Health, and then click on <i>So You Want to Pierce Your Tongue?</i> | Free internet download | Be prepared with facts before you pierce your tongue. | Teens | English |
| Dental Grills (Grillz or Fronts) Fact Sheet | American Dental Association http://www.ada.org/prof/resources/pubs/jada/patient/patient_65.pdf | Free internet download | Potential problems caused by grills. | Teens | English |

TEETH WHITENING

| Title/Number | Order Source | Price | Notes | Target | Available Languages |
|--|--|------------------------|--|--------|---------------------|
| Tooth Whitening Treatments (FAQ) | American Dental Association www.ada.org/public/topics/whitening_faq.asp | Free internet download | This two-page sheet answers questions on teeth whitening and their side effects. | Teens | English |
| Dental Procedures ~ Teeth Whitening | American Academy of Cosmetic Dentistry http://www.aacd.com/ Click on <i>Public</i> , then click on <i>Cosmetic Dental Procedures</i> , Click on <i>Teeth Whitening</i> | Free internet download | This two page sheet discusses the different teeth whitening procedures available. | Teens | English |
| Tooth Whitening Systems | American Dental Hygienists' Association http://www.adha.org On the left side – Go to <i>Consumers</i> Click on <i>Oral Health Info</i> On the right side you'll find <i>Oral Health Tips</i> , click on <i>Tooth Whitening Systems</i> | Free internet download | This two page sheet discusses teeth stains and the effectiveness of bleaching systems. | Teen | English |

EATING DISORDERS

| Title/Number | Order Source | Price | Notes | Target | Available Languages |
|--|---|-------------------------------|---|--------------|---------------------|
| <p><i>Eating Disorders: Telltale signs are in the mouth</i></p> | <p>DeCare Dental www.decare.com Click on <i>Oral Health Information</i> Scroll down and click on <i>Eating Disorders</i></p> | <p>Free internet download</p> | <p>Info on the effects to your mouth from Bulimia and Anorexia.</p> | <p>Teens</p> | <p>English</p> |
| <p><i>Eating Disorders & Oral Health A Fact Sheet</i></p> | <p>Colorado Department of Public Health and Environment www.cde.state.co.us/cdeprevention/download/pdf/eating%20disorders%20fact%20sheet.pdf</p> | <p>Free internet download</p> | <p>Reviews the oral effects of an eating disorder.</p> | <p>Teens</p> | <p>English</p> |
| <p><i>Eating Disorders</i></p> | <p>American Dental Association http://www.ada.org Go to "<i>The Public</i>" section located in the center panel. Go to <i>Oral Health Topics A –Z</i>. Scroll down to the "<i>E</i>" section, click on <i>Eating Disorders</i>.</p> | <p>Free internet download</p> | <p>Overview of eating disorders and the damage it causes.</p> | <p>Teens</p> | <p>English</p> |

TOBACCO

| Title/Number | Order Source | Price | Notes | Target | Available Languages |
|--|--|--|--|--------------|---------------------|
| <p><i>Cold Hard Facts</i> Brochure</p> | <p>Call the American Cancer Society to place an order. 1.800.ACS.2345 www.cancer.org</p> | <p>Free</p> | <p>Pictures of mouths that have been destroyed by using smokeless tobacco are shown. There is also information about the effects of using dip.</p> | <p>Teens</p> | <p>English</p> |
| <p><i>Smokeless Tobacco: Spit It Out!</i> Brochure</p> | <p>Journeyworks Health Education Publishing Catalog 1.800.775.1998 www.journeyworks.com Type in <i>Smokeless Tobacco</i> in the upper left hand Search Box. Scroll down until you find the brochure.</p> | <p>Varies. Depending on amount ordered</p> | <p>Convince young people who think chewing is cool to think again! Humor and facts show chewing tobacco is unhealthy.</p> | <p>Teens</p> | <p>English</p> |
| <p><i>How Tobacco Affects Your Teeth, Gums and Mouth</i> Brochure</p> | <p>Journeyworks Health Education Publishing Catalog 1.800.775.1998 www.journeyworks.com Type in <i>Smokeless Tobacco</i> in the upper left hand Search Box. Scroll until you find the brochure.</p> | <p>Varies. Depending on amount ordered</p> | <p>Compelling overview of the damaging impact of tobacco on oral health.</p> | <p>Teens</p> | <p>English</p> |
| <p><i>Tobacco Pipes and Hookahs</i> Brochure</p> | <p>Journeyworks Health Education Publishing Catalog 1.800.775.1998 www.journeyworks.com Type in <i>Smokeless Tobacco</i> in the upper left hand Search Box. Scroll until you find the brochure.</p> | <p>Varies. Depending on amount ordered</p> | <p>Tobacco pipe and hookah use is on the rise. Make sure young people know the health risks.</p> | <p>Teens</p> | <p>English</p> |

METHAMPHETAMINE USE AND ORAL HEALTH

| Title/Number | Order Source | Price | Notes | Target | Available Languages |
|--|---|------------------------|--|--------|---------------------|
| <i>Meth Mouth</i> | San Diego Dental Health Coalition 1.800.675.2229 | Free | Flyer with information on the condition known as “meth mouth”. | Teens | English |
| <i>Methamphetamine Use and Oral Health (Meth Mouth)</i> | American Dental Association http://www.ada.org/public/topics/methmouth.asp Click on <i>The Public</i> found in the center panel, and then click on <i>Oral Health Topics A-Z</i> . Click on <i>M</i> topics and scroll down to <i>Meth Mouth</i> . | Free internet download | Flyer describes what meth is and the extensive tooth decay attributed to the drug’s acidic nature. | Teens | English |

SPECIAL NEEDS

| Title/Number | Order Source | Price | Notes | Target | Available Languages |
|--|---|------------------------|---|-----------|---------------------|
| <i>Healthy Smiles for Children with Autism</i> | www.chsd.org Click on "Medical/Health Tips" Click on "Dental Health" under Pediatric Topics | Free Internet download | Prevent ECC Check teeth for spots Drinking from a cup Healthy snacks Visiting the Dentist | All | English Spanish |
| <i>Healthy Smiles for Children with Special Needs</i> | (858) 576-1700 Ask for: Anderson Center For Dental Care | .75¢ Per pamphlet | Prevent ECC Cavities are Catching Oral Sensitivity Special Tools | All | English |
| <i>Oral Conditions in Children with Special Needs OP-70</i> | NIDCR nidcrinfo@mail.nih.gov Click on "Oral Health" "Special Needs" 1-866-232-4528 | 50 Free | Chart of colored pictures of oral development, oral trauma bruxism, oral infections, and gingival overgrowth. Tips for health care providers | Providers | English |

ORAL HEALTH & PREGNANCY

| Title/Number | Order Source | Price | Notes | Target | Available Languages |
|---|---|---|---|----------------|---|
| <p>Two Healthy Smiles Tips to Keep You and Your Baby Healthy</p> | <p>National Maternal and Child Oral Health Resource Center http://www.mchoralhealth.org/ Click on Order <i>OHRC Publications Online</i> Click on <i>Brochures</i></p> | <p>Free to order or Free internet download</p> | <p>Colorful brochure offers information on taking care of your mouth while pregnant, after your baby is born, and care of your baby's gums and teeth.</p> | <p>Teens +</p> | <p>English</p> |
| <p>Healthy Teeth +Pregnant Moms =Healthy Babies</p> | <p>Share the Care Dental Scroll down to <i>Healthy Teeth...</i> Click on brochure</p> | <p>Free internet download</p> | <p>One-page fliers explain need for dental care and gives tips on how to take care of mom's and baby's teeth to prevent dental cavities http://www.sharethecaredental.org/website/resources/dentalhealth.html</p> | <p>Teens +</p> | <p>English Spanish Somali</p> |
| <p>New Moms Information for moms and moms-to-be</p> | <p>California Dental Association http://www.cda.org/popup/New_Moms</p> | <p>Free Internet download</p> | <p>One-page fliers in Question/Answer format answers some of the most frequently ask questions about dental health relating to pregnancy, infants, toddlers and children.</p> | <p>Teens+</p> | <p>English</p> |