Dental Group visit- 1-3-year-olds

**“Healthy Smiles Class”**

Goals:

* Better home hygiene habits
* Brushing 2 x/day
* Less snacking
* Less sweet/sticky/acidic snacks
* Reduced bottles at night
* Reduced bottles and sippy cup throughout day
* Increased help from mom and dad with brushing
* Increased parental engagement with and comfort with brushing/hygiene habits
* Healthier snacking
* Reading food labels
* Making a healthier choice
* Preparing healthy snack options
* Getting your child to eat healthy snack options
* Getting back to dentist regularly for f/u
* Reduced caries risk over time and at future visits

Activity ideas:

* Brushing dry erase marker of teeth picture
* Large stuffy with teeth to brush
* Nutrition activity with pictures of foods that help/hurt teeth (individualized)
* Nutrition sugar activity- reading food label and spooning out sugar
* Egg in vinegar activity
* Brushing cars or toys clean
* Book about visiting dentist
* Book about brushing teeth
* Brushing own teeth
* Parent practice brushing child’s teeth
* Videos of brushing and songs
* Video & pics of bottle rot
* Poster of sugary snacks
* Food prep for simple healthy snacks
* Child led “cooking”

Supplies:

Home kit:

* Toothbrushes for each child
* Paste for each
* Flossers
* Finger toothbrushes

Toothbrushes for parents

Food/snacks

Water pitcher (check for one in kitchen)

Cups

Plates

Napkins

Stickers

Handout with healthy food snack ideas for 1-3 year olds

Brushing chart (paper)- 2 week long

Pre survey

Post survey

Video

Set up:

Table cloth on table

Prep and lay out take home bags

Large blanket on floor

Toys (hide dolls for demo)

Put out surveys & pens

Have sugar activity set up

* Food items
* Sugar
* Bowl
* Spoon

Book activity prepared and ready

Tooth brushing stuffy ready

Prep video

Buy snacks

Set up snacks

Have toothbrushes ready for parent and child

Tissues for wiping if needed

Hand sanitizer as needed

Class Outline:

Walk in and get settled: 3 min Kids play free play as they enter and

Intro- 3 minutes for first 15 minutes.

“Welcome to our Healthy Smiles class! We’re both moms, we know what kinds of challenges you face daily to keep your kiddos healthy, so we created this class. This class is confidential. Because this is group, we encourage questions and supportive ideas to be shared. We ask that we all be respectful of each other. If you have advice to offer another parent or thoughts to share, we encourage you to do so in a positive manner.

We’d like to start by having each of you introducing yourself and your child, their age, and your biggest challenge or struggle right now with keeping him/her healthy.

We want this class to be interactive and fun. We have food over here available whenever you need it. Since all of these kiddos are 3 and under we want to make sure you know that it’s fine for them to move and yell or cry- you don’t have to worry about keeping them perfectly behaved. We will do 5 activities that will involve parents and your kiddos. But if your child just wants to play with the toys in the center, that’s totally fine. The first 2 activities will be about food choices and our teeth. The final 3 activities will be about brushing your child’s teeth then we’ll have some time for questions before it’s time to go home.”

**Activity 1**- 7 minutes. Sugar content/reading food labels.

* Show sugar in foods board, reading food labels, scooping sugar to match
* Milk
* Chocolate milk
* Grape or apple juice
* Goldfish crackers
* Fruit snacks
* Yogurts
* Raisins
* Bananas or oranges
* Hard boiled egg
* Cheese
* Veggies
* Parent looks at card, reads amount of sugar and measures this out with a spoon into bowl or bag.
* Others discuss and answer question about what else we could feed our kiddos instead of high sugar options

Song & clean up toys- 3 minutes (use bubbles as transition if needed to calm)

**Activity 2**- 10 minutes. Snack prep and snack time. Simple toddler snacks with meats, cheese, and fresh fruit.

**Activity 3**- 5 minutes. Book, focuses on the “why” of brushing, taking care of teeth, and regularly visiting dentist.

* Madison Goes to the Dentist

**Activity 4**- 5 minutes. Brushing practice- child sits in parent’s lap and brushes a doll/toy’s teeth and we watch a video of brushing.

* Video options: Brushing w Elmo

**Activity 5**- 7 minutes. Practice brushing child’s teeth- Focused on the “how”

* DH and OT model holding/positioning child
* Parent brushes own teeth while child brushes own teeth
* Parent lays child in lap and brushes teeth
* Facilitators guide and support

**Activity 6**- 7 minutes. Habit formation and goal setting discussion with parents while kids do free play.

Questions (5-10 minutes)

Wrap up:

Survey

Make f/u appt

“Thank you for participating today! Before we wrap up, we encourage you to schedule your child’s next visit. The schedulers know when your child is due so feel free to let your kiddo play and eat a snack while we help you make your appt.”