February is Children’s Dental Health Month!

Looking for a creative way for kids to discover the power of a healthy smile?

The Office of Oral Health and the National Museum of Dentistry are pleased to provide the attached bulletin board materials in recognition of Children’s Dental Health Month.

The title page for the bulletin board highlights an entertaining and educational web experience—www.mouthpower.org—suitable for children in elementary school. Children explore Mouthie’s interactive online laboratory to learn how to keep their smile sparkling, including how to brush and floss, make healthy food choices, and steer clear of the pitfalls of tobacco. The web site is available in English and Spanish.

The remainder of the Children’s Dental Health bulletin board consists of 6 “interactive” pages, each with a different oral health question. The layout is easily tailored to accommodate space availability. Instructions are included. Bulletin board materials are also available in Spanish upon request.

Please contact Jennifer Walker at jiwalker@dhmh.state.md.us or 410-572-6276 if you have any questions or requests.
Instructions:
This is an easy-to-do interactive bulletin board suitable for display in areas where parents and grandparents of young children are likely to see it. The objective is two-fold — increase awareness of the mouthpower.org website developed by the American Dental Association and the National Museum of Dentistry; and provide an “interactive” means of educating parents/caregivers about key early childhood oral health topics.

The bulletin board consists of one title page highlighting the mouthpower.org website and twelve 8 1/2 by 11 inch pages that should be printed on white paper or heavier card stock using a color printer. The last page is additional graphics.

The six key oral health topics are:
• Name 5 teeth-healthy foods.
• When are children old enough to brush teeth without adult supervision?
• When should a child have their first dental visit?
• What’s the best thing for children to drink in-between meals?
• What’s wrong with this picture? (Propped up baby bottle — prolonged sipping leads to baby-bottle tooth decay).
• When should you begin brushing a baby’s teeth?
Place the answer sheet beneath for each question. Readers must lift up the page to find the answer to the question.

Extra graphics are provided on the last page. Other suggestions are cut outs of smiling faces, teeth, toothbrushes, healthy foods. Another great filler is a basic poster on the “how-to” of brushing and flossing…

To make interactive bulletin board pages:
1. Print pages 3-16.
2. Staple the question pages on top of the answer pages. Readers must lift up the question page to discover the answer.

If you have any questions or comments, please contact:

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To learn more about the National Museum of Dentistry and Mouthpower.org contact:
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Can you name at least five “teeth-healthy” foods?

Lift page for answer!
Answer page for
“Name at least 5 teeth-healthy” foods.

- Fruits
- Vegetables
- Nuts & Seeds
- Yogurt/Milk
- Chicken
- Eggs
- Turkey
- Salad

- Cereal (low sugar)
- Plain bagels
- Pizza
- Popcorn
- Tacos
- Cheese
- Water
- Sugar free gum
When are children old enough to brush their teeth without adult supervision?

Lift page for answer!
Generally, a child needs an adult’s help brushing their teeth until they are about 6-8 years old.
Parents & children should visit the dentist on a regular basis — Every 6 months or as often as the dentist recommends.

When should a child have their first dental visit?

Lift page for answer!
Answer block for
“When should children have their first
dental visit?”

Children should see a dentist by their first birthday.
What’s the best thing for children to drink in-between meals?

Lift page for answer!
WATER!

Drink milk and juice with meals
What’s wrong with this picture?

Lift page for answer!
The milk-filled bottle is propped up for continuous feeding—whether the baby is awake or not.

Frequent sipping on milk and juice leads to early childhood cavities.
When should you begin brushing your child’s teeth?

Lift page for answer!
• Begin brushing, as soon as a baby’s first tooth appears!
• Brush in the morning and right before bed.
• Before teeth appear, wipe the baby’s gums after feedings.
The next time you reach for a snack, pick a food that is low in sugar and low in fat.

A thick-handle toothbrush may be easier for a small child to hold & use.