

Title of Intervention: The Good Toothbrushing Game

Intervention Strategies: Supportive Relationships

Purpose of the Intervention: To establish effective dental hygiene skills among children

Population: First and second grade students

Setting: A small elementary high school in Manitoba, Canada; school-based

Partners: None mentioned

Intervention Description:

- Supportive Relationships: The children were instructed to play a game and told that the object of the game was to be the team that had the cleanest teeth. Regular brushing was emphasized. After the randomly selected children were checked, the team with the lowest score or cleanest teeth was announced the winners. The winning team had their names posted on the winners' poster and every member received a scratch and sniff sticker. In addition the children were praised for a low score, and received verbal feedback as to the areas that they did not brush well.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Teachers
- Training: Not mentioned
- Technology: Not mentioned
- Space: Classrooms
- Budget: Not mentioned
- Intervention: Incentives, poster
- Evaluation: Dental examination equipment, disclosing tablets

Evaluation:

- Design: Multiple groups
- Methods and Measures:
 - Disclosing tablets and Simplified Oral Hygiene Index to measure teeth cleanliness

Outcomes:

- Short Term Impact: Not mentioned
- Long Term Impact: The data indicate that the children's scores substantially improved when the "Good Toothbrushing Game" was played

Maintenance: Not mentioned

Lessons Learned: Schools are an optimal environment to teach oral hygiene. For teachers interested in dental health, the Good Toothbrushing Game is practical for the class schedule.

Citation(s):

Swain JJ, Allard GB, Holborn SW. The good toothbrushing game: a school-based dental hygiene program for increasing the toothbrushing effectiveness of children. J Appl Behav Anal. Spring 1982;15(1):171-176.