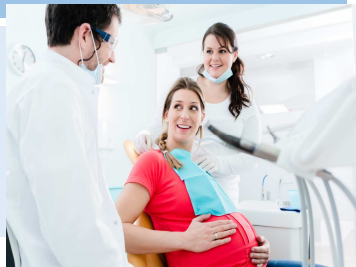


The Importance of Oral Health



Pregnancy and oral health

- Baby's oral health starts before birth
- Dental care for pregnant women is safe
- Gum disease can cause problems during pregnancy



Medicaid provides comprehensive dental benefits during and six weeks after pregnancy for mom.



Did you know that for every \$1 invested in water fluoridation saves \$20 in dental care.

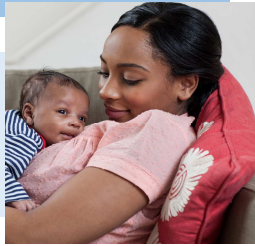
Baby teeth are important!

- Chew food
- Speak properly
- Smile
- Hold space for permanent teeth
- Sleep
- Learn properly
- Baby teeth are just as important as permanent teeth!



Protect a child's teeth by:

- Do not share pacifiers and utensils.
- Only give water in baby bottle at night and nap times.
- Feed baby only milk, water and healthy food.
- Clean Baby's mouth twice a day.



What are Dental Sealants?

- Thin plastic coating placed on biting surface of hard to reach teeth
- Less expensive than a filling
- Last many years and are checked at regular dental visits
- Medicaid and most dental insurance cover cost of sealants. Ask your dentist.



Photo of sealed tooth courtesy of Ohio Department of Health

Each tooth sealed saved more than \$11 in dental treatment costs. In fact, children with sealants on their teeth have half the cavities of children without sealants.

Demographic	Treated Decay	Untreated Decay	Dental Sealants
All 3 rd Grade Children	54.8%	28.5%	29.7%
White non-Hispanic	53.9%	25.3%	32.8%
Black	51.7%	34.2%	22.8%
Hispanic	59.5%	31.8%	26.7%
Other minority groups	63.6%	39.2%	35.8%
Rural	64.3%	34.2%	35.8%
Urban	49.5%	25.4%	26.3%

Prevalence of treated decay, untreated decay in the primary and permanent teeth, and dental sealants on permanent molar teeth among Missouri's 3rd grade children, 2018-2019.

(ASTDD BSS)

What is Fluoride Varnish? Why it is important?

- Thick liquid that is painted on teeth
- Strengthens tooth enamel
- Helps prevent tooth decay
- Needed with lack of dental visits
- Increased consumption of sugary foods and drinks



How to Paint Fluoride Varnish on Teeth

*Be sure to keep the fluoride varnish away from small children.
Avoid getting the fluoride varnish on clothing, face and fingers.*

1. It is best to put the fluoride varnish on the teeth at bedtime after regular brushing.
2. Put a chair close to a wall, lay on bed or in lap so that your child can tile his/her head back.
3. Open the fluoride varnish packed and stir the thick varnish with the little paintbrush.
4. Paint a thin layer of varnish on **all sides of all teeth** with the little paintbrush.
 - a. Start with the insides of all the teeth.
 - b. Move to the outsides of all the teeth.
 - c. Finish with the chewing surfaces of the teeth.
 - d. Throw away the little paintbrush and package.
5. The varnish will get thick quickly and is very sticky. It may look like a yellow layer on teeth.
6. The varnish will make your child's teeth feel waxy or "fuzzy".
7. It is ok to eat and drink, but avoid hard crunchy foods and hot beverages for 3-4 hours.
8. Do not brush or floss teeth until tomorrow morning.



Varnish application demo <https://psp.health.mo.gov/video-varnish-application-for-a-small-child/>

Dental supplies provided for each family by the Office of Dental Health



- Toothbrush for every child in the home and toothbrush for mom
- At least two small tubes of toothpaste
- One floss card for mom and children over the age of 4th grade to share
- Fluoride varnish for each child in the home. An application for use immediately and one for use before July 31, 2021. It is ok to apply every three months.

Will supplies be available next year?



Educational resources on ODH webpage

Kindergarten – Narrated Oral Health Presentation
<https://www.youtube.com/watch?v=WMYat0jaE6M&feature=youtu.be>

Educational videos for different age groups of children, other educational resources, activity sheets and links to all of ODH's literature are available on the ODH webpage
<https://health.mo.gov/living/families/oralhealth/oralhealtheducation.php>
 including the most up to date Request for Literature form. All ODH literature is free.

Why your role is so important as a home educator!



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