



ORAL HEALTH RESOURCE GUIDE  
FOR  
EARLY HEAD START AND HEAD START

Ohio Department of Health  
Bureau of Oral Health Services • 2007



Oral Health Resource Guide  
for  
Early Head Start and Head Start



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2007



## About this Resource Guide

According to the rationale for the *Head Start Performance Standard 45 CFR 1304.20(a)(1)-(2)*, in order to have good oral health development, every child needs a source of continuous, accessible dental care or a “dental home” that is available to the family even after the child leaves Head Start. Each child should visit their dental home on a schedule recommended by the dentist to ensure problems are quickly identified and addressed. Early identification and treatment for dental problems reduces complications and improves oral health outcomes. Ultimately, parents have the primary, long-term responsibility for their child’s oral health; therefore it is important for them to be as involved as possible in the dental care process.

Involving parents in the dental care process and establishing a “dental home” can be a challenge. With that in mind, this guide is designed to be used by Head Start health managers, family advocates and family service workers as a resource for facilitating access to dental care for Head Start children and families. It is intended to educate Head Start staff and parents about general dental health information and provide tips for successfully working with local dentists and office personnel to schedule appointments, complete exams and provide follow-up treatment.



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# I. Health Managers, Family Advocates and Family Service Workers

## A. Community Partnerships

The following methods can be used to build a network of dentists who will work with your Head Start program:

- 1. Direct contact with general and pediatric dentists.** Dental offices can be contacted directly by the Head Start health manager. This is most effective if done in person. Discuss with the dentist the possibility of accepting Medicaid, examining and treating children regardless of their coverage and your goal of finding a dental home for Head Start children.

Make efforts to contact pediatric dentists in the county or surrounding counties. Pediatric dentists are especially useful for getting care for children with behavior-management problems.

- 2. Develop a relationship with a children's hospital pediatric dental clinic,** if there's one in your area. This relationship may help you get appointment slots when the waiting list is long. These types of programs can provide treatment for children with special needs and those with complex cases.

- 3. Give Kids a Smile Day.** This day, sponsored by state dental associations, can offer an opportunity to engage local dentists who would set aside a block of time to do exams. Once the Head Start has established connections with these dentists, they may be more likely to see the children needing dental treatment in their office. Contact the Ohio Dental Association, <http://www.oda.org/gendeninfo/GKAS.cfm> to find out more about Give Kids a Smile Day activities in your area.

- 4. Develop a relationship with local safety net dental care programs** in your county or surrounding counties. These programs provide clinical dental services and generally are operated by local health departments, community health centers, hospitals and other organizations that serve the community. Safety net dental care programs offer sliding fee schedules, reduced fees or free care to clients who can't afford to pay a private dentist. A map with a listing of safety net dental clinics by county can be accessed at: <http://www.odh.ohio.gov/healthResources/healthCareProvidersMap.aspx>

- 5. Peer-to-Peer contacts.** Dentists who are providing dental care for Head Start children may influence their peers. Head Start dental champions should be sought out and encouraged to recruit other dentists.

Appendix I is an oral health tip sheet for Head Start staff. It contains tips for working with health professionals to improve access to dental care for pregnant women, infants and children (including children with special health care needs) enrolled in Head Start. This tip sheet can be accessed via the following Internet link: <http://www.mchoralhealth.org/PDFs/HSOHTipPro.pdf>



## B. Insurance and Medicaid System

It is important to understand what coverage a family has or may have available to them. This will determine where a family can seek care as well as what costs, if any, are involved. In Ohio, both medical and dental benefits are available to families enrolled in Medicaid.

Appendix II has a current map of Ohio's Medicaid Managed Care Program regions along with a listing of Medicaid-contracting Managed Care Plans and contact information including medical advice line telephone numbers and service areas. This map may also be accessed via the internet at: <http://www.jfs.ohio.gov/OHP/bmhc/documents/pdf/RegionalMap.pdf>

Information on Medicaid Managed Care including the benefits and co-pays for consumers is available on the Ohio Department of Job and Family Services Web site at: <http://www.jfs.ohio.gov/OHP/consumers>

An electronic copy of The Ohio Department of Job and Family Services Healthy Start and Healthy Families Combined Programs Application is available at: <http://www.odjfs.state.oh.us/forms/file.asp?id=48418>

## C. Dental Providers

Contact the Healthchek coordinator at the county Department of Job and Family Services to get a complete list of dentists who participate in Medicaid Managed Care Plan for your region. You can then contact individual dentists to determine which ones accept new child patients. A county directory of Healthchek coordinators is available at: <http://www.jfs.ohio.gov/ohp/bhpp/pdf/healthchekcoords.pdf>

## D. Family Partnership Agreement 1304.40(a) (2)

Head Start programs must offer parents' opportunities to develop and implement individualized family partnership agreements that describe family goals, responsibilities, timetables and strategies for achieving these goals.

Head Start staff assist families, when they are ready, to identify and define goals in measurable terms. They discuss what needs to be done to achieve these goals and how the accomplishment of each goal will be determined. Goals related to oral health can be part of this agreement. For example, dental treatment fears can be addressed through the Family Partnership Agreement by helping the family develop measurable goals for overcoming these fears, to find a dental home, schedule dental appointments and follow through with scheduled dental treatment.



## E. Cultural Differences

Head Start staff should respect the uniqueness of each family and recognize they differ across many dimensions including language, family structure, religion and educational and socioeconomic background. Take care not to acknowledge one group while possibly leaving out another.

Program staff should be able to recognize the primary language of families. Head Start program staff should include bilingual and bi-culturally trained individuals who have experience with the cultures and languages of families and be available to help prepare parents and children for the trip to the dentist.

Provide oral health educational materials such as fact sheets and brochures in the primary language of families.

Consider the special needs of Head Start children with disabilities during toothbrushing. Work with a trained individual to determine if the child should have a toothbrush adapted for easier and improved brushing. Seek out a dentist with experience serving children with disabilities for examination and treatment.

## F. Dental Terminology and Sample Forms

**Dentition** - The number, type and arrangement of teeth.

**Primary Dentition** - Deciduous or baby teeth. There are 20 total.

**Secondary Dentition** - Permanent or adult teeth. There are 32 total.

**Prophy** - Professional cleaning (prophylaxis) of teeth; removing plaque, calculus and stain; scaling and polishing.

**X-rays** – May be taken to diagnose decay in the teeth.

**Amalgam** - Silver filling material (OA = Occlusal amalgam).

**Composite Resins** - Tooth-colored filling materials.

**Pulpotomy** - Removal of the nerve of the primary tooth (similar to a root canal).

### **Tooth Eruption and Numbering System**

Appendix III shows tooth eruption and numbering system charts for both the primary and permanent dentition.

Appendix IV provides examples of dental forms that Early Head Start and Head Start programs can use. The Infant/Toddler Oral Screening Form would be completed by the health provider during the well-child visit. The Head Start Child Oral Health Form is completed by the dentist at the child's first dental visit.



## G. Program Newsletter

Dedicate a column in your program newsletter to oral health and use it as a vehicle for educating families. Some ideas for articles: focus on how and why it is important to schedule and follow through with dental appointments and dental treatment; publish a letter written by a Head Start parent sharing their experience visiting the dentist and what it meant for their child to get his or her teeth fixed; the importance of toothbrushing with fluoride toothpaste to prevent tooth decay; and healthy snacks for healthy teeth. Appendix V provides some samples of articles. Section H. Resource Listing is another source of information that Head Start programs can use for newsletter articles.

## H. Resource Listing

Appendix VI is a list of oral health resources and Web sites where Head Start programs can find educational materials for parents and children, toothbrushing supplies and reports on oral health.

## II. Tips for working with Parents

### A. Dental Appointments

Appendix VII is an oral health tip sheet for Head Start staff working with parents to improve access to oral health care. This sheet provides tips that are intended to help ensure that pregnant women, infants and children (including children with special health care needs) enrolled in Head Start receive oral health care. This tip sheet can be accessed via the following Internet link: <http://www.mchoralhealth.org/PDFs/HSOHTipParent.pdf>

### B. Dental Fears

Assessment questions for parents:

- Have you ever had a dental experience that was unpleasant?
- Do you fear the dentist so much that you avoid visiting the dentist?

If the parents are fearful, there is a good chance they will transfer the fear to their children, sometimes without even realizing it.

Find a dentist the parent will be comfortable with and has the patience and ability to help them work through their fears. Consider having the parent make a first visit to meet the dentist, see the office and sit in the dental chair, if possible.

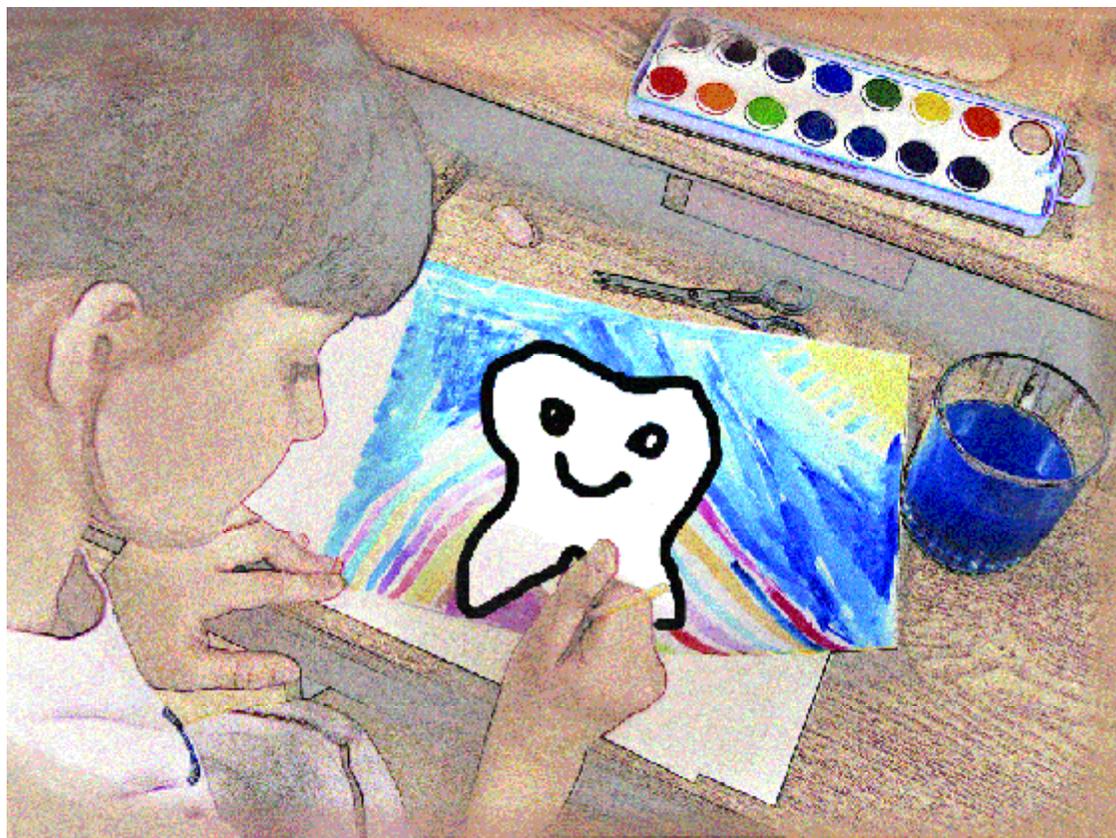
Encourage the parent to ask questions about the treatment. Information takes away fear of the unknown.

Appendix VIII is a tip sheet with techniques for overcoming dental fear that Head Start programs can use with parents. A source of information on dental fear is: <http://www.dentalfearcentral.com>

### C. Peer-to-Peer Health Advocacy Program

Head Start programs can implement a peer advocacy program as a leadership opportunity for parents. Through a peer-to-peer model, program parents can teach other Head Start parents what they have learned and what to do to support their own families. One such program is the Puget Sound Educational Service District peer health program which involves Head Start and Early Head Start parents to become peer health leaders and learn how to support their family's health and share that information with other program parents. Information on this program can be accessed at: [http://www.headstartinfo.org/publications/hsbulletin75/hsb75\\_11.htm](http://www.headstartinfo.org/publications/hsbulletin75/hsb75_11.htm)

### III. Appendices





## Working with Health Professionals to Improve Access to Oral Health Care

The following tips are intended to help ensure that pregnant women, infants, and children (including children with special health care needs) enrolled in Head Start receive oral health care.

### Recommended Schedule of Preventive and Primary Care Visits

*Program Performance Standards 1304.20(a)(1)(ii-iv)*

- Determine children's oral health status within 90 days of entry into your program.
- Be aware that Head Start children enrolled in Early and Periodic Screening, Diagnosis and Treatment (EPSDT) must receive oral health services, including an examination performed by a dentist.
- Be aware that EPSDT periodicity schedules may differ from national guidelines, especially in terms of the recommended age for the first dental visit, and that they may differ from state to state. Read your state's EPSDT guidelines and learn which oral health services are covered. If your program does not have a copy of the EPSDT guidelines, or if you need assistance, contact your state or local Medicaid office.
- Have an oral health professional determine whether children are up to date on the EPSDT schedule of age-appropriate preventive and primary care. If a child is not, help schedule a dental appointment to bring the child up to date.
- Before a child's dental appointment, talk with the dental office staff about:
  - Who is responsible for scheduling dental appointments.
  - Who to contact if there is a problem before, during, or after the dental appointment.
  - Any special needs the child may have (e.g., medical, family, or behavioral conditions).
  - Who will pay for services.
  - Records your program needs to keep at its office.
- Work with oral health professionals to ensure that children are examined and diagnosed, a treatment plan is developed, and necessary treatment is completed by the end of the program year.

### Family Partnerships

*Program Performance Standard 1304.40(c)(1)(ii)*

- Help pregnant women access comprehensive oral health care immediately after they enroll in your program. Care consists of health promotion and treatment, including dental examinations on a schedule determined by oral health professionals as early in the pregnancy as possible.
- If resources are limited, work with dental access programs or safety net dental clinics to obtain free or reduced-cost care for pregnant women.

### Education

*Program Performance Standard 1304.40(f)(1)*

- Seek assistance from oral health professionals in designing education programs for families.
- Work with oral health professional societies and other health professional associations to develop approaches for educating their members about:
  - Head Start Program Performance Standards.
  - The importance of age-appropriate oral health preventive measures, anticipatory guidance (personalized instruction to help families understand what to expect during their child's development), early detection and referral, treatment, and follow-up care.
  - How to provide oral health care to pregnant women, infants, and young children.
  - How to integrate oral health into primary health care visits.



## Community Partnerships

### Program Performance Standard 1304.41(a)(2)(i)

- Partner with community organizations (for example, community health centers, dental clinics, WIC, health departments, dental schools and societies, and dental hygiene schools and societies) to promote oral health concepts and address oral health issues.
- Involve oral health professionals in your Health Services Advisory Committee (HSAC) to promote community linkages. Recruit one or two oral health professionals to serve as HSAC members. Contact public/community dental programs, schools, societies, and retired oral health professionals about the possibility of becoming members.
- Build relationships with oral health professionals; inform them about the oral health needs and barriers to care for pregnant women, infants, and children enrolled in Head Start.
  - Present at dental school and society and dental hygiene school and society meetings. Encourage students and society members to develop a volunteer "share-the-care" or "adopt-a-center" program.
  - Invite oral health professionals to visit your program to meet staff and children and their families.
- Recognize oral health professionals who provide care for children enrolled in your program.
  - Provide certificates of appreciation and/or program materials (for example, photographs or thank you letters from children and their families) that can be displayed in the dental offices.
  - Develop press releases describing the oral health professionals' contribution, and submit the releases to local media.



## Sources

Administration for Children and Families. 2001. *Head Start and Partners Forum on Oral Health*. Washington, DC: Administration for Children and Families.

Administration for Children and Families, Head Start Bureau. *Program Performance Standards and Other Regulations*. In Administration for Children and Families, Head Start Bureau [Web site]. Cited March 12, 2003; available at [www.acf.hhs.gov/programs/hsb/performance/index.htm](http://www.acf.hhs.gov/programs/hsb/performance/index.htm).

Edelstein BL. 2000. Access to dental care for Head Start enrollees. *Journal of Public Health Dentistry* 60(3):221-229.

## Resources

Association of State and Territorial Dental Directors  
Web site: [www.astdd.org](http://www.astdd.org)

Centers for Medicare and Medicaid Services  
Web site: [www.cms.gov](http://www.cms.gov)

Head Start Bureau  
Web site: [www2.acf.dhhs.gov/programs/hsb](http://www2.acf.dhhs.gov/programs/hsb)

Head Start Information and Publication Center  
Web site: [www.headstartinfo.org](http://www.headstartinfo.org)

National Maternal and Child Oral Health Resource Center  
Web site: [www.mchoralhealth.org](http://www.mchoralhealth.org)

Cite as: Holt K, Cole S. 2003. *Oral Health Tip Sheet for Head Start Staff: Working with Health Professionals to Improve Access to Oral Health Care*. Washington, DC: National Maternal and Child Oral Health Resource Center.

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Permission is given to photocopy this tip sheet. Requests for permission to use all or part of the information contained in this tip sheet in other ways should be sent to:

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Fax: (202) 784-9777  
E-mail: [info@mchoralhealth.org](mailto:info@mchoralhealth.org)  
Web site: [www.mchoralhealth.org](http://www.mchoralhealth.org)



# CFC Medicaid Managed Care Program Selected Managed Care Plans



**Covered Families and Children (CFC) Regions**

<span style="color: purple;">■</span> CEN - Central	<span style="color: orange;">■</span> NW - Northwest
<span style="color: blue;">■</span> EC - East Central	<span style="color: maroon;">■</span> SE - Southeast
<span style="color: tan;">■</span> NE - Northeast	<span style="color: lightorange;">■</span> SW - Southwest
<span style="color: darkred;">■</span> NEC - Northeast Central	<span style="color: yellow;">■</span> WC - West Central

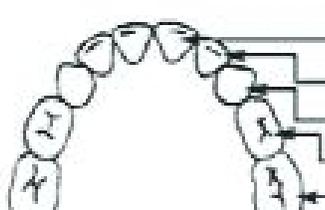
These selected plans must successfully demonstrate that they have met all ODJFS program requirements before they can receive final approval to begin providing services to Medicaid consumers in these regions.

Prepared by: AH, BMHC - PRBSS, 10/24/06

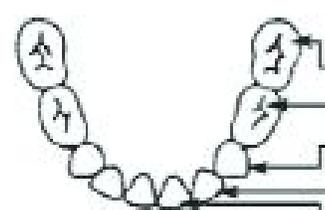
# Tooth Eruption Chart

## PRIMARY DENTITION

Upper Teeth	Erupt	Exfoliate
Central incisor	8-12 months	6-7 years
Lateral incisor	9-13 months	7-8 years
Canine (cuspid)	16-22 months	10-12 years
First molar	13-19 months	9-11 years
Second molar	25-33 months	10-12 years

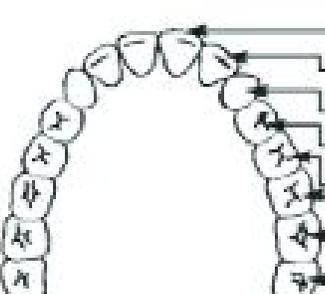


Lower Teeth	Erupt	Exfoliate
Second molar	23-31 months	10-12 years
First molar	14-18 months	9-11 years
Canine (cuspid)	17-23 months	9-12 years
Lateral incisor	10-16 months	7-8 years
Central incisor	6-10 months	6-7 years

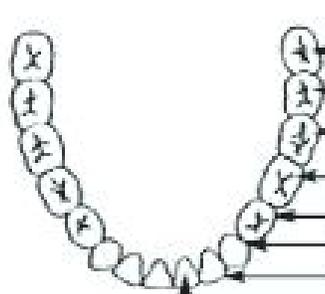


## PERMANENT DENTITION

Upper Teeth	Erupt
Central incisor	7-8 years
Lateral incisor	8-9 years
Canine (cuspid)	11-12 years
First premolar (first bicuspid)	10-11 years
Second premolar (second bicuspid)	10-12 years
First molar	6-7 years
Second molar	12-13 years
Third molar (wisdom tooth)	17-21 years



Lower Teeth	Erupt
Third molar (wisdom tooth)	17-21 years
Second molar	12-13 years
First molar	6-7 years
Second premolar (second bicuspid)	10-12 years
First premolar (first bicuspid)	10-11 years
Canine (cuspid)	11-12 years
Lateral incisor	8-9 years
Central incisor	7-8 years



Source: Adapted with permission from the Arizona Department of Health Services, Office of Oral Health, courtesy of Don Altman, D.D.S., M.P.H. The assistance of the American Dental Hygienists' Association is gratefully acknowledged.



**Council on Rural Service Programs, Inc.**  
 201 R. M. Davis Parkway, Piqua, OH 45356  
 Phone (937) 778-5220

# INFANT/TODDLER ORAL SCREENING

## TO BE COMPLETED BY PARENT

Child's Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Site: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ County: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

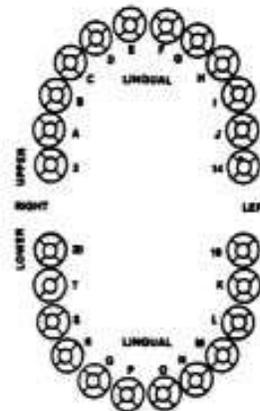
1. Does your child have any trouble with teeth, gums or mouth?  
 If so, what kind? \_\_\_\_\_  
 Has your child ever had a dental injury? YES  NO   
 If yes, explain: \_\_\_\_\_
2. Is your child now receiving: (include length of time receiving)  
 Fluorinated water YES  NO  UNKNOWN   
 Fluoride supplements/drops YES  NO  UNKNOWN   
 Topical fluoride application YES  NO  UNKNOWN
3. Does your child take any medication? If so, what kind and for what reason?  
 \_\_\_\_\_
4. Has your child previously seen a dentist? YES  NO   
 Dentist's Name \_\_\_\_\_
5. Does your family have a regular dental provider? YES  NO
6. How often does your child:  
 Drink pop or sweet drinks \_\_\_\_\_  
 Eat candy or other sweets \_\_\_\_\_
7. At what age did your child stop taking a bottle? \_\_\_\_\_
8. What liquids were in your child's bottle?  
 Formula  Milk  Juice  Water  Tea  Soda pop
9. Did you prop the bottle? YES  NO
10. Did your child ever go to bed with a bottle? YES  NO
11. How long did your child use a sippy cup? \_\_\_\_\_
12. Does your child brush his teeth? YES  NO
13. Do you assist or brush your child's teeth? YES  NO

## TO BE COMPLETED BY PHYSICIAN

- A. Do gums appear normal and healthy?  
 YES  NO
- B. Number of teeth \_\_\_\_\_
- C. Do teeth appear white & uniform in color?  
 YES  NO
- D. Do teeth appear free of cavities?  
 YES  NO

- E. In your opinion, does child need an immediate referral to a dentist?  
 YES  NO

COMMENTS: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



Health Provider's Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Phone \_\_\_\_\_

Physician Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## Head Start Child Oral Health Assessment

Date of Exam: \_\_\_/\_\_\_/\_\_\_

Name: \_\_\_\_\_

Completed By:  Head Start Staff

Name: \_\_\_\_\_

Dental Provider

Name: \_\_\_\_\_

Provider Setting:

Home

Dental Office/Clinic

School/Center

Employment

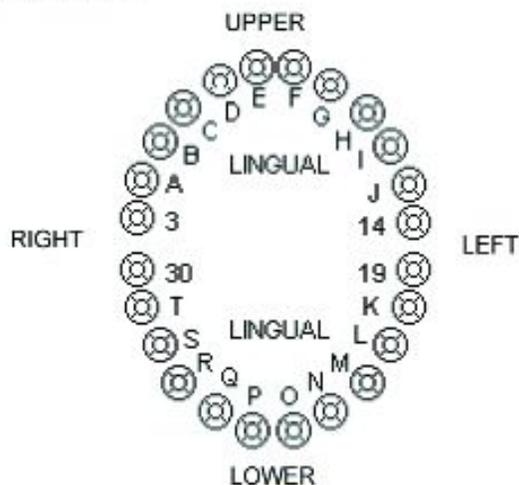
Other: Specify \_\_\_\_\_

Evaluation Type:

Screening

Assessment

**ORAL CONDITION**



**Comments:**

**Key:** Missing Decayed Filled

Number of times per day child brushes teeth:   Flossing frequency  Daily  Weekly  Occasionally  Never

Gum Condition:

Normal

Swollen

Bleeds Easily

Infected

Received Fluoride Treatment?  Yes  No

Received Cleaning?  Yes  No

Dental Needs:

No Needs

Treatment

Cleaning

Fluoride Supplement

Oral Hygiene Instruction

Other: Specify \_\_\_\_\_

Provider Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Provider Address: \_\_\_\_\_ Phone: \_\_\_\_\_

\* Please use back of form for general comments.



# Head Start Program Newsletter Articles

## How to Brush – Toothbrushing Techniques

So, what is the right way to brush, anyway? Do you know?

- For a minimum of two minutes, you should brush using short, gentle strokes, brushing front and backs of teeth, the gum line and hard-to-reach back teeth. Make sure you hold the head of the brush parallel against your child's teeth. The bristle tips should move in a circular motion sweeping away from the gum line.
- Focus on cleaning each section as outlined below.
- Clean the outside of the upper teeth, then the lower teeth
- Clean the inside of the upper teeth, then the lower teeth
- Clean the chewing surfaces, using a circular motion
- For fresher breath, be sure to brush the tongue, too

## Oral Health for Children

How can you help your children care for their teeth and prevent cavities?

- Start by showing them that caring for their teeth is a priority and it can be a lot of fun. One of the things you can do initially is to let your child choose their own toothbrush.
- Make sure you teach them to brush twice a day, floss, eat a nutritious diet low in sugar and take your child to the dentist for regular checkups to help protect your children's teeth from cavities. Also, you should make sure fluoride is included in your child's dental products and in their drinking water.
- Supervise your child's brushing until up to about 8 years old to ensure your child has a good grasp on brushing techniques. Below are some simple brushing tips and techniques to share with your child.
- Use half a pea-sized portion of toothpaste and make sure your child does not swallow it
- Use a soft-bristled toothbrush
- Start brushing on the inside of the teeth
- Angle the brush and make sure you brush along the outer gum line
- Don't forget to brush the tongue, too

## Babies Get Cavities, Too!

If you have a new baby, you may not realize how important it is to care for the child's baby, or primary teeth. Parents should know that serious tooth decay may develop by the child's first birthday. Even though the child's primary teeth will eventually be replaced with permanent ones, the primary teeth are critical for proper chewing, speaking, appearance and preserving space for the adult teeth to come in straight.

Early childhood caries (ECC) can destroy the primary teeth of an infant or young child. ECC is caused by bacteria, which are present in a thin film of plaque that constantly forms on the teeth. The bacteria in plaque use sugar to produce acid, which attacks tooth enamel. If a sugary liquid is allowed to remain in the mouth, acid can attack teeth for several minutes. Tooth decay also can occur after frequent, repeated acid attacks. It's not just what children drink, but how often and for how long their teeth are exposed to decay-causing acids. You can prevent this by watching what you give your baby between regular feedings. A bottle should not be used as a pacifier or as an aid to help your baby sleep unless it contains plain water. Don't dip pacifiers in sweet liquid and don't add sugar to your baby's food. Children should be taught to drink from a regular cup (not sippy) as they approach their first birthday.

After each feeding, wipe your baby's teeth and gums with a clean gauze pad or clean wash cloth. This will remove plaque and prevent acid attacks. Begin brushing as soon as the baby's first tooth appears. Visit the dentist by the child's first birthday. This may seem early, your dentist can determine if you are using the right cleaning techniques. The dentist can also tell if there are problems with your child's primary teeth and early visits will get your child used to seeing the dentist before any problems begin.

# Oral Health Resources

## Subject Areas

Braces	Diet	Safety
Career Education	Fluoride	Sealants
Consumer Health	Mouthguards	School Health
Dental Care	Nutrition	Smokeless Tobacco
Dental First Aid	Oral Health	Tooth Anatomy
Dental Growth & Development	Oral Hygiene Aids	Tooth Decay
Dental Visits	Periodontal Disease	X-Rays
	Professional Dental Care	

## Resource Types

Activity Sheets	Models	Resource Guide
Books, Booklets	Online E-newsletters	Tooth Preservation Kit
Curriculum Activities	Online Data Base	Videotape Loan
Fact Sheets	Oral Health Products	Videotape Purchase
DVD Loan	Pamphlets	
DVD Purchase	Posters	
	Printable Online Materials	

Sources	Subject Areas	Resource Types
The American Academy of Pediatrics Dept. of Publications Dental Care 141 N.W. Point Blvd. PO Box 927 Elk Grove Village, IL 60007 1-800-433-9016 <a href="http://www.aap.org">http://www.aap.org</a>	Braces Fact Sheets Dental First Aid, Safety Diet, Nutrition Fluoride Oral Health Sealants X-Rays	Books Pamphlets
The American Academy of Periodontology 737 N. Michigan Ave., Ste. #800 Chicago, IL 60611-2690 312-787-5518 <a href="http://www.perio.org">http://www.perio.org</a>	Career Education Oral Health Periodontal Disease Smokeless Tobacco	DVD Purchase Online E-Newsletter Pamphlets Resource Guide
The American Dairy Association & Dairy Council Mid East 16235 Normandy Perrysburg, OH 43551 (419) 872-8596 <a href="http://www.adadcmideast.com">http://www.adadcmideast.com</a>	Diet, Nutrition	Books/Booklets Curriculum Activities E-newsletter Models Pamphlets Posters
The American Dental Association Marketing Services Dept. 211 E. Chicago Ave. Chicago, IL 60611-2678 <a href="http://www.ada.org">http://www.ada.org</a>	All Subject Areas	Curriculum Activities DVD Purchase Fact Sheets Models Pamphlets Posters Resource Guide Pod Casting

Sources	Subject Areas	Resource Types
<p>The American Dental Hygienists' Association 444 N. Michigan Ave. Chicago, IL 60611 800-243-ADHA <a href="http://www.adha.org">http://www.adha.org</a></p>	<p>Career Education Dental Care, Visits Diet Oral Health Oral Hygiene Aids Periodontal Disease Tooth Decay</p>	<p>Activity Sheets Fact Sheets Pamphlets Posters Resource Guide</p>
<p>The American Dietetic Association 120 S. Riverside Plaza Ste. #2000 Chicago, IL 60606-6995 800-877-1600 <a href="http://www.eatright.org">http://www.eatright.org</a></p>	<p>Career Education Consumer Health Diet, Nutrition School Health</p>	<p>Books Fact Sheets Pamphlets Resource Guide</p>
<p>The American School Health Association 7263 State Route 43, PO Box 708 Kent, OH 44240 800-445-2742 <a href="http://www.ashaweb.org">http://www.ashaweb.org</a></p>	<p>School Health</p>	<p>Curriculum Activities</p>
<p>The American Academy of Pediatric Dentistry 211 E. Chicago Ave., Ste. #700 Chicago, IL 60611-2663 312-337-2169 <a href="http://www.aapd.org">http://www.aapd.org</a></p>	<p>Braces Dental First Aid Dental Growth &amp; Dev. Dental Visits Diet, Nutrition Oral Health Periodontal Disease Safety, Sealants Tooth Anatomy, Decay X-Rays</p>	<p>Pamphlets</p>
<p>California Childcare Health Program Healthline 800-333-3231 or <a href="http://www.ucsfchildcarehealth.org">http://www.ucsfchildcarehealth.org</a></p>	<p>Oral Health</p>	<p>Curriculum</p>
<p>Channing L. Bete Co., Inc. One Community Place South Deerfield, MA 01373-0200 <a href="http://www.channing-bete.com">http://www.channing-bete.com</a></p>	<p>Diet, Nutrition Oral Health Periodontal Disease Smokeless Tobacco</p>	<p>Activity Sheets Books/Booklets DVD Purchase Online E-Newsletter Pamphlets</p>
<p>Cincinnati Children's Hospital Medical Center 3333 Burnet Ave. Cincinnati, OH 45229-2460 <a href="http://www.everychildsucceeds.com">http://www.everychildsucceeds.com</a></p>	<p>Oral Health</p>	<p>Brochure</p>
<p>Children's Dental Health Project 1990 M Street, NW Suite 200 Washington, DC 20036 <a href="http://www.chhp.org">http://www.chhp.org</a></p>	<p>Oral Health</p>	<p>Printable Online Materials</p>

Sources	Subject Areas	Resource Types
Colgate Oral Pharmaceuticals 1 Colgate Way Canton, MA 02021 781-821-2880 <a href="http://www.colgateprofessional.com">http://www.colgateprofessional.com</a>	Consumer Health Dental Care Online E-newsletter Professional Dental Care Oral Health Products Oral Health Resource Guide Fluoride	Fact Sheets
Columbus Health Department 240 S. Parsons Ave. Columbus, OH 43215 614-645-0266 Resources 614-645-7487 All calls <a href="http://www.cmhhealth.org">http://www.cmhhealth.org</a>	Family Dental Services Diet, Nutrition Sealants Smokeless Tobacco Oral Health	Fact Sheets Monthly E-newsletter Pamphlets Videotape Rental
Cooperative Extension Service Ohio State University 2120 Fyffe Rd. Columbus, OH 43210 614-292-6181 Or Contact Local County Agency <a href="http://www.ag.ohio-state.edu">http://www.ag.ohio-state.edu</a>	Consumer Health Diet, Nutrition Oral Health	Curriculum Activities Pamphlets
Disney Educational Productions Anita Sorrentino-Regional Sales Rep. 105 Terry Dr., Ste. #120 Newtown, PA 18940 <a href="http://www.dep.disney.go.com/educational.index">http://www.dep.disney.go.com/educational.index</a>	Oral Health Smokeless Tobacco	DVD Purchase Resource Guide Videotape Purchase
E-Z Floss Dental Health Products PO Box 2292 Palm Springs, CA 92263 800-227-0208 <a href="http://www.e-zfloss.com">http://www.e-zfloss.com</a>	Oral Health Oral Hygiene Aids	Oral Health Products Pamphlets
Health Policy Institute of Ohio 37 W. Broad St., Columbus, OH 43215-4198 <a href="http://www.healthpolicyohio.org">http://www.healthpolicyohio.org</a>	Oral Health Suite 350	Booklet
Hubbard Scientific 401 W. Hickory St., PO Box 2121 Ft. Collins, CO 80522 800-289-9229 <a href="http://www.hubbardscientific.com">http://www.hubbardscientific.com</a>	Dental Growth & Development Tooth Anatomy	Models Posters Resource Guide
Hispanic Dental Association Chicago, IL 60611 <a href="http://www.hdassoc.org">http://www.hdassoc.org</a>	Oral Health	Brochures

<b>Sources</b>	<b>Subject Areas</b>	<b>Resource Types</b>
Iowa Dept. of Public Health Oral Health Bureau Lucas State Office Building 321 E. 12th St. Des Moines, IA 50319 <a href="http://www.idph.state.io.us/hpcdp/oral_health.asp">http://www.idph.state.io.us/hpcdp/oral_health.asp</a>	Tooth Decay	Booklet
Institute for Healthcare Advancement 501 S. Idaho Street, Suite 300 La Habra, CA 90631 <a href="http://www.iha4health.org">http://www.iha4health.org</a>	Oral Health	Booklet
Johnson & Johnson 199 Grandview Rd. Skillman, NJ 08558 800-224-6513 <a href="http://www.jnj.com">http://www.jnj.com</a>	Dental Care Dental Visits Oral Health Oral Hygiene Aids	Fact Sheets Oral Health Products
Kelloggs Company <a href="http://www.kelloggs.com">http://www.kelloggs.com</a>	Diet, Nutrition	Online Resources
National Cancer Institute 800-4-Cancer <a href="http://www.cancer.gov">http://www.cancer.gov</a>	Smokeless Tobacco	Online Resources Pamphlets
National Dairy Council 10255 W. Higgins Rd., Ste. 900 Rosemont, IL 60018 800-426-8271 <a href="http://www.nationaldairycouncil.org">http://www.nationaldairycouncil.org</a> Pamphlets	Diet, Nutrition	Books/Booklets Curriculum Activities E-newsletter Models Posters
National Agriculture Library United State Dept. of Agriculture <a href="http://www.nal.usda.gov">http://www.nal.usda.gov</a>	Diet, Nutrition Consumer Health	Searchable Data-base
National Institute of Dental and Cranial Research National Institutes of Health Bethesda, MD 20892-2190 301-496-4261 <a href="http://www.nidcr.nih.gov">http://www.nidcr.nih.gov</a>	Consumer Health Dental Care Fluoride Oral Health Periodontal Disease Smokeless Tobacco	Booklets Fact Sheets Online E-newsletter Pamphlets Posters Resource Guide
National Maternal & Child Oral Health Resource Center Georgetown University PO Box 571272 Washington, D.C. 20057-1272 202-784-9771 <a href="http://www.mchoralhealth.org">http://www.mchoralhealth.org</a>	Dental Care Dental Visits Fluoride Oral Health Sealants Tooth Decay	Books/Booklets Fact Sheets Printable Online Materials Resource Guide
National Oral Health Information Clearinghouse <a href="http://www.scitechresources.gov">http://www.scitechresources.gov</a>	Oral Health	Fact Sheets Pamphlets Printable Online Materials

Sources	Subject Areas	Resource Types
Ohio Dental Association 1370 Dublin Rd. Columbus, OH 43215 614-486-2700 <a href="http://www.oda.org">http://www.oda.org</a>	Dental Visits Nutrition Oral Health Smokeless Tobacco	Curriculum Activities Fact Sheets
Ohio Department of Health Bureau of Oral Health Services 246 N. High St. Columbus, OH 43215 614-466-4180 <a href="http://www.odh.ohio.gov/odh/Programs/ohs/oral/oral1.aspx">http://www.odh.ohio.gov/odh/Programs/ohs/oral/oral1.aspx</a>	Diet Fluoride Oral Health Sealants Smokeless Tobacco	Fact Sheets Pamphlets
Oral-B Consumer Services 1 Gillette Park South Boston, MA 02127-106 800-566-7252 <a href="http://www.oralb.com">http://www.oralb.com</a>	Braces Dental Care Oral Hygiene Aids	Printable Online Materials
Oral Health America 410 N. Michigan Ave., Ste. #352 Chicago, IL 60611 312-836-9900 <a href="http://www.oralhealthamerica.org">http://www.oralhealthamerica.org</a>	All Subject Areas	Booklets Curriculum Development DVD/Videotape Purchase Fact Sheets Resource Guide
Phoenix-Lazerus, Inc. "Save-A-Tooth" 18 S. Roland St. Pottstown, PA 19464 888-788-6684 <a href="http://www.Save-A-Tooth.com">http://www.Save-A-Tooth.com</a>	Dental First Aid	Tooth Preservation Kit
Phillips Oral Healthcare 35301 S.E. Center St. Snoqualmie, WA 98065 800-676-7664 <a href="http://www.sonicare.com">http://www.sonicare.com</a>	Dental Care Oral Hygiene Aids Oral Health	Printable Online Materials
POH Inc. PO Box 470623 Tulsa, OK 74147 800-331-4656 <a href="http://www.oralhealthproducts.com">http://www.oralhealthproducts.com</a>	Oral Hygiene Aids	Oral Health Products
Ross Product Division Educational Services Dept. 625 Cleveland Ave. Columbus, OH 43216 800-986-8503 <a href="http://www.ross.com">http://www.ross.com</a>	Diet, Nutrition	Printable Online Materials

Sources	Subject Areas	Resource Types
School Health Corporation 865 Muirfield Park Hanover Park, IL 60103 866-323-1305 <a href="http://www.schoolhealth.com">http://www.schoolhealth.com</a>	Dental First Aid Oral Health	Models Tooth Preservation Kit
SmartPractice 3400 E. McDowell Rd. Phoenix, AZ 85008-7899 800-522-0800 <a href="http://www.smartpractice.com">http://www.smartpractice.com</a>	Braces Dental First Aid Dental Growth & Dev. Oral Health Oral Hygiene Aids Periodontal Disease Sealants X-rays	Books Models Oral Health Products Pamphlets Resource Guide Tooth Preservation Kit
Sunstar Butler 4635 W. Foster Ave. Chicago, IL 60630 800-528-8537 <a href="http://www.sunstarbutler.com">http://www.sunstarbutler.com</a>	Dental Care Oral Health	Printable Online Materials
Sunkist Growers, Inc. 14130 Riverside Dr. Sherman Oaks, CA 91423 818-986-4800	Diet, Nutrition	Curriculum Activities
United States Government Printing Office GPO Access Mail Stop IDCC 732 N. Capital St., N.W. Washington, D.C. 20401 866-512-1800 <a href="http://www.gpoaccess.gov">http://www.gpoaccess.gov</a>	Career Education Consumer Health Dental First Aid Diet, Nutrition Safety X-Rays	Books Printable Online Materials
William Wrigley Jar, Co. 410 N. Michigan Ave. Chicago, IL 60611 888-56-ORBIT <a href="http://www.wrigleydentalcare.com">http://www.wrigleydentalcare.com</a>	Dental Care Diet, Oral Health Oral Health	Printable Online Materials
Zoo Animal Teaching Aids PO Box 142035 Gainesville, FL 32614 352-332-1828 <a href="http://www.teachingaid.com">http://www.teachingaid.com</a>	Dental Visits Oral Health Posters	Books Models



## Working with Parents to Improve Access to Oral Health Care

The following tips are intended to help ensure that pregnant women, infants, and children (including children with special health care needs) enrolled in Head Start receive oral health care.

### Ongoing Source of Continuous, Accessible Care

*Program Performance Standard 1304.20(a)(1)(i)*

- Talk to parents and review health histories and other records to determine whether children have a “dental home” (a continuous, accessible source of care) that will remain available after the child leaves your program.
- If a child does not have a dental home, help parents obtain a source of care by doing the following:
  - Seek assistance from your Health Services Advisory Committee to identify oral health professionals and sources of funding for oral health care.
  - Work with local agencies to determine a child’s eligibility for public assistance programs (for example, Medicaid or the State Children’s Health Insurance Program) or sources of funding for oral health care, and help families enroll in these programs or obtain such funding.
  - Give parents a list of local dentists who will provide care to infants and children enrolled in Head Start.

### Recommended Schedule of Preventive and Primary Care Visits

*Program Performance Standards 1304.20(a)(1)(ii-iv)*

- If a child is not up to date on the Early and Periodic Screening, Diagnosis and Treatment schedule of age-appropriate preventive and primary care (as determined by an oral health professional), help parents schedule a dental appointment to bring the child up to date.
- Provide clear and concise messages to parents about scheduling dental appointments on a regular basis to improve and/or maintain oral health.
- Discuss with parents arrangements for dental appointments (where their child will be seen, who will see their child, the appointment time, how they will get to the appointment, and who will pay for services).
- Help parents understand patients’ rights and responsibilities (for example, scheduling, keeping, and/or canceling appointments; what information to bring to the dental office; what to expect from oral health professionals; how to prepare their child for dental appointments).
- Counsel families who have questions or anxieties about oral health care. Arrange a field trip to a dental office for children to introduce them to the office environment and equipment. Accompany families to dental appointments if necessary.
- Help families in arranging transportation, interpretation services (for families with limited English proficiency), and child care for siblings.
- Implement a process (for example, reminder phone calls or postcards) to ensure that parents schedule and keep dental appointments and reschedule canceled appointments.
- Work with parents to ensure that children are examined and diagnosed, a treatment plan is developed and explained, and necessary treatment is completed by the end of the program year.



### Family Partnerships

*Program Performance Standard 1304.40(c)(1)(ii)*

- Help pregnant women access comprehensive oral health care immediately after enrollment in your program. Care consists of health promotion and treatment, including dental examinations on a schedule determined by oral health professionals as early in the pregnancy as possible.
- If resources are limited, work with dental access programs or safety net dental clinics to obtain free or reduced-cost care for pregnant women.

## Education

Program Performance Standards 1304.40(f)(1) and 1304.40(f)(2)(i-iii)

- Teach parents the importance of oral health care, including age-appropriate preventive measures, early detection and referral, treatment, and follow-up care.
- Consider parents' attitudes, cultures, languages, beliefs, fears, and educational levels when developing and providing oral health education.
- Keep health messages to parents simple, consistent, and positive.
- Use a variety of methods (for example, guest speakers, newsletters, hands-on experiences) to help parents learn about oral health and acquire skills to prevent oral disease.
- Encourage parents to assume responsibility for their child's oral health care (for example, teach parents to brush their child's teeth daily).
- Encourage parents to model good oral health behaviors (for example, brushing their teeth, visiting a dentist, eating healthy foods).



## Community Partnerships

Program Performance Standard 1304.41(a)(2)(i)

- Provide parents with opportunities to have a "voice." Involve them in your Health Services Advisory Committee and other community partnerships to promote oral health concepts and address oral health issues.

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Administration for Children and Families. 2001. *Head Start and Partners Forum on Oral Health*. Washington, DC: Administration for Children and Families.

Administration for Children and Families, Head Start Bureau. *Program Performance Standards and Other Regulations*. In Administration for Children and Families, Head Start Bureau [Web site]. Cited March 12, 2003; available at [www.acf.hhs.gov/programs/hsb/performance/index.htm](http://www.acf.hhs.gov/programs/hsb/performance/index.htm).

Edelstein BL. 2000. Access to dental care for Head Start enrollees. *Journal of Public Health Dentistry* 60(3):221-229.

## Resources

Head Start Bureau

Web site: [www2.acf.dhhs.gov/programs/hsb](http://www2.acf.dhhs.gov/programs/hsb)

Head Start Information and Publication Center

Web site: [www.headstartinfo.org](http://www.headstartinfo.org)

National Maternal and Child Oral Health Resource Center

Web site: [www.mchoralhealth.org](http://www.mchoralhealth.org)

Cite as: Holt K, Cole S. 2003. *Oral Health Tip Sheet for Head Start Staff: Working with Parents to Improve Access to Oral Health Care*. Washington, DC: National Maternal and Child Oral Health Resource Center.

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Web site: [www.mchoralhealth.org](http://www.mchoralhealth.org)





# Dental Fear

## Assessment questions for parents:

1. Have you ever had a dental experience that was unpleasant?
2. Do you fear the dentist so much that you avoid visiting the dentist?

If the parents are fearful, there is a good chance they will transfer the fear to their children, sometimes without even realizing it.

## How parents can help their children see the dental visit as a positive experience:

- Say ONLY good things about the dentist to your children.
- Tell them the dentist is a helper who will work to keep their teeth healthy.
- Tell them the dentist may count their teeth or clean their teeth with a special toothbrush.
- DO NOT use the words pain, hurt or shot.
- You may have to leave the room when your child is being worked on if you are extremely fearful.

## How to assist parents in overcoming dental fear:

1. Find a dentist who will take the time and has the ability to help patients work through fears. Consider having the parent make a first visit to meet the dentist, see the office and sit in the dental chair if possible.
2. Have the parent ask the dentist a lot of questions about the treatment. Information takes away fear of the unknown. Also, encourage the parent to be honest with the

dentist about the amount of treatment they feel they can tolerate.

3. The parent should ask the dentist about establishing a signaling system to let the dentist know to stop for any reason.
4. Have the parent practice physically relaxing by using deep breathing or Progressive Muscle Relaxation.
5. As the parent gets more comfortable, they might try distraction techniques such as an iPod, but trust between the parent and dentist must be established before these methods are used.
6. Discuss with parents not to be embarrassed by their dental condition if they have neglected to find treatment. Have parents express their concerns honestly to the dental staff and give them a chance to understand why you are afraid.

Adapted from [dentalfear.net](http://dentalfear.net)  
And [dentalfearcentral.org](http://dentalfearcentral.org)

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