

In-service on Oral Health During Pregnancy and Baby's First Year

12/19/2008

Target Audience: WIC staff that see pregnant mothers or mothers with children under the age of 12 months.

The following in-service outline uses a facilitate discussion format. This format allows staff to participate in the training, express feelings or concerns about the subject, and contribute to the development of solutions. Facilitated discussions model participant-centered education by asking open ended questions and providing for feedback from participating staff. The in-service has been divided into three activities from which local agencies can select depending on staff training needs.

Objective

- Activity 1: Staff will describe one reason why maternal oral health is important to the baby's health during pregnancy.
- Activity 2: Staff will identify 2 reasons why maternal oral health is important to the baby's health during the first year of the baby's life.
- Activity 3: Staff will discuss 3 appropriate methods of caring for an infant up to one year of age teeth.
- Activity 4: Staff will exemplify ability to speak with participants regarding maternal oral health using handout "Your Oral Health Can Affect Your Baby".

Materials

- Activities 1-3: Flip Chart, paper and markers
- Activity 4: Handout "Your Oral Health Can Affect Your Baby"

Presenter Preparation

- ◆ Read the materials provided
- ◆ Information in quotes are talking points to guide the presenter
- ◆ Bullets are actions
- ◆ Words in **bold** and *italic* are listed in the glossary
- ◆ Arrange meeting time and space for staff
- ◆ Explore what dental opportunities are available to participants at your facility for referral purposes.

Estimated time: Depending on discussion and size of staff 30-45 minutes

Resource List

For additional information:

www.dentalcare.org

www.americandentalassociation.org

http://www.ada.org/public/topics/pregnancy_faq.asp

www.aapd.org

In-Service Activity 1 – Maternal health during pregnancy

Introduction

“As you may be aware, a woman’s oral health during pregnancy can affect the health of her baby. We have a great opportunity to make a difference in a mom’s oral health by talking with her during her pregnancy visits. A lot of people don’t know the impact of oral health on pregnancy, or they may not know whether it is okay for pregnant women to have dental work done. Let’s first make sure we all know why oral health is important so we can give a consistent message to participants. In order to get a cavity, there needs to be a sugary food and a type of germ called *streptococcus mutans*.”

Activity – group discussion about how a mother’s oral health affects her baby during pregnancy

- ★ Open flip chart; ask group “What do you know about how a mother’s oral health affects her baby’s health while she’s pregnant?” Write down suggestions on chart.
- ★ Key point to make sure you cover:
 - The bacteria that cause dental cavities can cause changes in a mom’s body that can cause her to have a preterm, low birth weight baby.
 - A mother is 3-5 times more likely to have a preterm low birth weight baby if she has *periodontal disease* (poor oral health). Periodontal disease is the term for the inflammatory diseases that affect the gums and other tissues in the mouth.
 - Preterm low birth weight babies have more health complications and higher fatality rates.
- ★ Ask group “What can we tell our moms about ways to take care of their teeth?”
- ★ Key point to make sure you cover: Write down suggestions on chart.
 - Brushing teeth twice a day
 - Seeing a dentist for a checkup
 - Using a toothpaste with fluoride
 - Chewing sugar free gum with xylitol (pronounced zy-lit-all)
 - Avoiding eating frequent sweet and sticky foods
 - Ask group “What are examples of things to avoid?”
 - Non-diet soda
 - Candy
 - Cookies
 - Pastries
 - Cakes
 - Sweet drinks (Kool Aid, Tang, Lemonade)
 - Donuts
 - Gum with sugar in it
 - Chips
 - Raisins and dried fruits
 - Syrup
 - Honey
 - Natural sugar from fruit or juice can be a problem for teeth if these foods are eaten between meals.
 - *Anticariogenic foods* (foods that help clean your teeth)

- Ask group “What are some foods we can suggest our participants can eat to help prevent cavities, otherwise known as *anti-cariogenic foods*?” Write down suggestions on chart.
 - Cheese
 - Milk
 - Fresh fruits
 - Vegetables
 - Low sugar cereals
 - Yogurt
 - Nuts
 - Meat
 - Popcorn
 - Pretzels
 - Whole grain breads
 - Pasta
 - Peanut butter
- Ask group “Which of these foods can our participants get with their vouchers?” Circle on previous list.
- Ask group “What healthy snacks can we suggest to moms using these foods?” Suggestions below
 - Cheese quesadilla – place shredded cheese between two quesadillas. Heat on greased skillet on stove top until cheese is melted.
 - Apple or banana slices with peanut butter
 - Have milk or water instead of soda or pop
 - Make sugar-free Jell-O for dessert. Try it with fruit!
 - Peanut butter toast with whole wheat bread
 - Low sugar cereal with sliced fruit and milk
 - Yogurt and cereal
 - Popcorn sprinkled with powdered garlic or garlic salt
 - Peanut butter and banana sandwich on whole wheat bread
 - Pasta and vegetables (like broccoli, peppers or squash)
 - Add nuts to low sugar cereal for extra crunch. Pack it for an easy snack on-the-go.
- Ask group “Since WIC gives juice, what suggestions might we offer moms about drinking juice so it doesn’t cause problems with her teeth?”
 - Drink juice with meals
 - Limit juice to one 4-6 ounce serving a day
 - Get the rest of your vitamin C from fruit or veggies rather than juice.
- Ask group “Can anyone think of a way a mom can affect her baby’s oral health, not just overall health, while she is pregnant?” Write down suggestions on chart.
- Key points to cover:
 - If a mother eats nutritious foods while she is pregnant she will help her baby develop strong teeth and gums
 - A baby’s teeth develop throughout the entire pregnancy

Summarize

Ask group “Do you think this information will be new to a lot of our participants? Was any of it new to anyone here? Are there any questions on how a mom’s oral health can affect her baby during pregnancy? I learned some new information on this topic from this group, thank you everyone. Let’s move on to a mother’s oral health after she gives birth for the first year of life”

In-Service Activity 2 – Maternal health during the first year of her Child's life

Introduction

“We’ve already discussed ways a mother's oral health can affect her child while she is pregnant, but we haven’t talked about how a mother’s oral health can affect her child’s oral health during the first year of her child’s life. This topic isn’t covered all that often by other groups, so it’s really up to us to talk to our participants about how by working on their own oral health they can help their baby.”

Activity – group discussion about how a mother’s oral health affects her baby after birth

- ★ Open flip chart; ask group “What do you know about how a mother’s oral health affects her baby’s health after birth?” Write down suggestions on chart.
- ★ Key points to cover:
 - Cavities are actually a communicable disease, the *streptococcus mutans* that a mom has in her saliva that cause cavities can be transferred to the baby and cause cavities.
 - Ask group “We talk about the mother because in most cases the mother is the baby’s primary caregiver. What are some ways a mother's or caregiver's saliva may come into contact with the baby’s mouth?”
 - Key points to cover
 - Cleaning a pacifier in the mother’s mouth before giving it to the baby
 - Checking the temperature of the bottle in the mother’s mouth
 - Cleaning the baby’s face with the mother’s saliva
 - “A mother or caregiver can really help her baby by taking good care of her own teeth. I know we just talked about ways a mom can take good care of her teeth; do you think they are the same suggestions here as they were when she was pregnant with her baby?”

Summarize

“Those were some great ideas. Do anybody have any questions about how a mother’s oral health can affect her baby’s oral health? This is great information, and can really help our communities babies have stronger, healthier teeth. I think we all can agree that these are some important things that our participants need to know.”

In-Service Activity 3 – An infant's teeth from birth to twelve months

Introduction- “Let’s move on from talking about a mom’s oral health and talk about basic guidelines for taking care of a baby’s teeth from the time they are born to the their first birthday. There seems to be a lot more information about this subject out there, so this may be a review for some of you.”

Activity – group discussion about how to care for an infants teeth up to one year of age

- ★ Open flip chart; ask group “What do we already know about how take a care of an infant’s teeth?” Write down suggestions on chart.
- ★ Key points to cover:
 - Wipe your baby’s teeth with a clean, damp cloth or piece of gauze after feeding your baby. You don’t need to use toothpaste until your dentists says.
 - Not putting the baby to bed with a bottle of anything but water. This will help prevent baby bottle tooth decay, which is caused when the sugars from the bottle sit in the baby’s mouth and cause cavities while the baby sleeps.
 - Not dipping the pacifier or bottle nipple into anything sweet like sugar or honey.
 - Checking the colors of the baby’s teeth. Healthy baby teeth should be one color, if there are brown or white spots or stains the baby should be brought to the dentist. Teeth should be the same color on the top and bottom.
 - Getting the baby a *fluoride varnish*, which the baby’s dentist can tell you more about. This helps protect baby’s teeth by putting minerals that make the teeth strong back into the teeth. These minerals are all blended together into a paste, and are painted onto baby’s teeth.
 - Around six months start giving the baby plain water in a cup
 - Take the baby to the dentist for their first birthday.

Summary

“That covers the material on how to take care of a baby’s teeth; this may be new information to some of our participants. Does anybody have any questions about taking care of an infant’s teeth? There may be times when a participant is unwilling to listen to this information and will instead choose to do something else. Perhaps the best we can do is refer the participant to a dentist.”

In-Service Activity 4- Sharing with our participants

Introduction

“Now that we’ve talked about the things we need to share with our participants, let’s talk about ways that we can share this information with them. I’m sure you all have good ideas about how to do that. To help, I’m going to hand out this informational sheet called “Your Oral Health Can Affect Your Baby”. It captures a lot of the information we talked about today.” Hand out papers

Activity – review handout, discuss how to approach participants with this information

- ★ Open flip chart; ask group “Does anyone have any ideas about how to approach our participants about this information?” Write down suggestions on chart.

Summary

“Does anybody have any questions about how we can share this with our participants? We’ve had some great ideas here. Thank you for participating today!”

Glossary

Anti-cariogenic foods – foods that help your teeth clean themselves and prevent cavities

Cariogenic- foods that can cause cavities

Fluoride varnish- A sticky yellowish protective coating that is painted over the teeth to prevent cavities. It hardens on contact with saliva.

Periodontal disease- disease of the gums or teeth

Streptococcus mutans – bacteria that causes cavities when on the teeth with sugar. This type of bacteria can be passed from person to person through saliva to saliva contact.

Xylitol- a sugar substitute used in chewing gums and toothpastes.

Your Oral Health Can Affect Your Baby

Before your baby is born:

- ★ Your oral health is important to the health of your growing baby.
- ★ The germs that cause dental cavities can cause some changes in your body and may cause early delivery.
- ★ Women who have dental disease are 3 to 5 times more likely to deliver a preterm, low birth weight child.
- ★ The good news is that you can protect your baby by taking care of your mouth!



How can you take care of your mouth while you are pregnant?

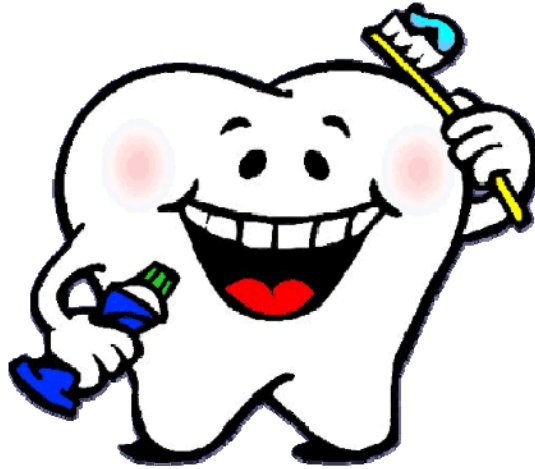
- ★ Brush your teeth twice daily
- ★ Use a toothpaste with fluoride
- ★ Floss daily
- ★ Try to eat more cheese, milk, fresh fruits, vegetables, low sugar cereals, yogurt, nuts, meat, popcorn, whole grain breads and pasta, or peanut butter. You can get some of these foods with your WIC vouchers!
- ★ Limit your snacking of sweet and sticky foods.
- ★ Chew sugar free gum with Xylitol between meals
- ★ Have a dental checkup. It is safe to go to the dentist when you're pregnant.



Can I affect my baby's oral health while I am pregnant?

- ★ You can! By eating nutritious foods while you are pregnant you can help your baby have strong teeth and gums. Your baby's teeth begin to develop between the third and sixth month of pregnancy.





After your baby is born:

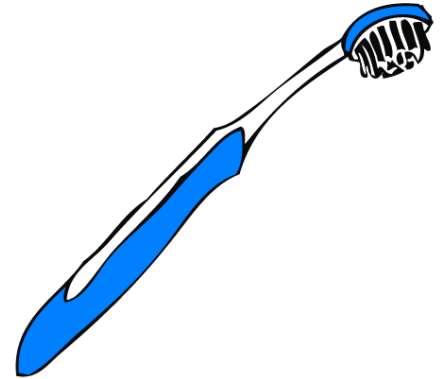
- ★ The germs that cause dental cavities can be spread from you to your baby.
 - To stop the spread of germs:
 - Clean a pacifier with water from the sink, don't put it in your mouth before giving it to your baby
 - Check the temperature of the bottle on your wrist or with your clean hands, don't drink from the bottle.
 - Clean your baby's face with a clean rag and water, not with your own saliva.
 - Kissing your baby is okay!
- ★ Help your baby by taking care of your own teeth:
 - Brush twice a day
 - Floss every day
 - Use fluoride toothpaste
 - Try to stay away from sticky or sweet foods at snack times.



Your baby's teeth from birth to 12 months:

How can you help make sure your baby has strong healthy teeth?

- ★ Wipe your baby's teeth and gums with a clean soft damp cloth, piece of gauze or baby toothbrush after every meal or feeding (you don't need to use toothpaste until your dentist says).
- ★ Try not to put your baby to bed with a bottle. If you do, give the baby water when they are in bed.
- ★ Don't dip your baby's pacifier in anything sweet, like sugar or honey.
- ★ Talk to your dentist about getting a fluoride varnish for your baby's teeth, to help them stay strong.
- ★ Check the colors of your baby's teeth. Healthy baby teeth should be all one color. Your baby's teeth should be the same color on the top and the bottom. If you see spots or stains on your baby's teeth, take your baby to your dentist.
- ★ At six months, use a cup to give your baby water.
- ★ If you are bottle feeding your baby, try to wean him or her around 12 months old.
- ★ Take your baby to the dentist around their first birthday. This will help prevent costly and painful cavities later on in your baby's life.



Hey Mom, try these snacks between meals!

When I get older, I will like them too!



★ Cheese quesadilla – place shredded cheese between two tortillas. Heat on greased skillet on stove top until cheese is melted.

★ Apple or banana slices with peanut butter

★ Have milk or water instead of pop

★ Make sugar-free Jell-O for dessert. Try it with fruit!

★ Spread peanut butter on whole wheat toast

★ Low sugar cereal with sliced fruit and milk

★ Yogurt and cereal

★ Popcorn sprinkled with powdered garlic or garlic salt

★ Peanut butter and banana sandwich on whole wheat bread

★ Pasta and vegetables (like broccoli, peppers or squash)

★ Add nuts to low sugar cereal for extra crunch. Pack it for an easy snack on-the-go.

