

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@dnhm.state.md.us or 410-572-6276 if you have any questions or requests.



The Dr. Samuel D. Harris

National Museum of Dentistry

In association with the Smithsonian Institution

Children's Dental Health Bulletin Board

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:



Jennifer Istre Walker, M.P.H.
jiwalker@dhmh.state.md.us
410-572-6276

Christine B. Leo, R.D.H.
cleo@dhmh.state.md.us
410-572-6334



Eastern Shore Oral Health Education and Outreach Project
Office of Oral Health, Center for Preventive Health Services

Family Health Administration, Maryland Department of Health and Mental Hygiene

To learn more about the National Museum of Dentistry and Mouthpower.org contact:

Amy Pelsinsky, Director of Communications
apelsinsky@dentalmuseum.umaryland.edu 410-706-0052



Check this out!

www.

**MOUTH
POWER[®].ORG**



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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**



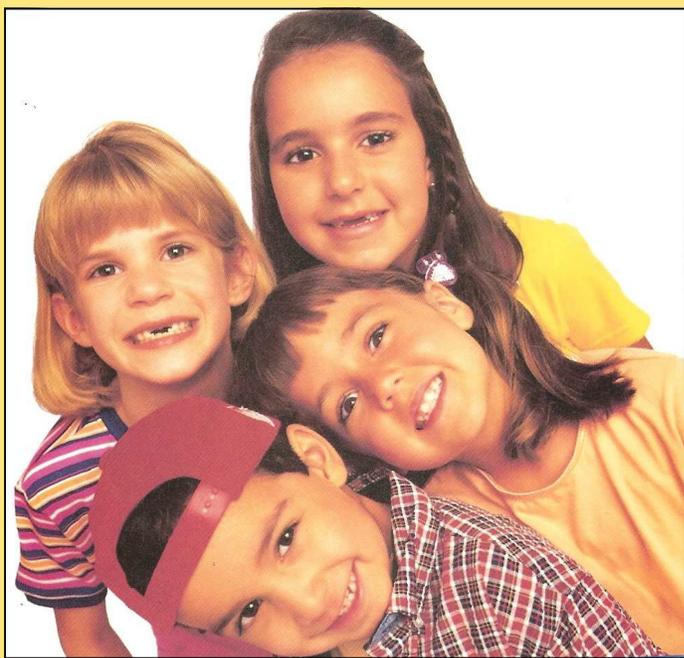
**When are children
old enough to brush
their teeth without
adult supervision?**

Lift page for answer!

Answer block for
“When are children able to brush their
teeth without help.”

**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!

Answer page for “What’s the best thing to drink between meals?”

WATER!

**Drink milk
and juice
with meals**





**What's wrong
with this picture?**

Lift page for answer!

Answer to: “What’s wrong with this picture?”

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.

Start brushing!



**When should you
begin brushing
your child's teeth?**

Lift page for answer!

Answer page for: “When should you begin brushing a baby’s teeth?”

- **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.**

Extra graphics, if needed!



**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.**