

# 4337.1 Adding Oral Health Content to Pediatric Nurse Practitioner Education and Practice: Interprofessional Education between Nursing and Pediatric Dentistry

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## Key Oral Health Messages

Baby Teeth are Important for eating, smiling, talking, and for the **overall health** of your child.



As teeth come in, babies might have some pain and be cranky. Soothe his or her gums with a **clean teething ring or cold wet wash cloth**.

Do not dip a pacifier or teething ring in sweetened foods, like sugar or honey.

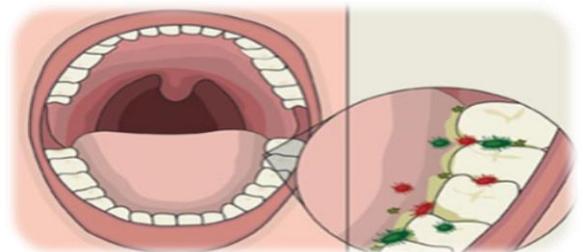
If your child doesn't have teeth yet, **use a clean damp cloth to wipe the gums** at least once a day

Your child should visit a dentist when his or her 1<sup>st</sup> tooth shows up, or **before his or her 1<sup>st</sup> birthday**.

Take your child to the dentist **every 6 months**, or more often if your dentist recommends it.

It is important to see a dentist, even if your child seems healthy or does not have problems chewing or eating.

Germs in the mouth cause cavities. Cavities are holes in teeth that can cause pain and make eating difficult.



**Under age 3**



**Age 3 or older**



As soon as your child has a tooth, begin brushing your child's teeth **twice-a-day**, after breakfast and before bed.

When brushing, use **fluoride toothpaste**.

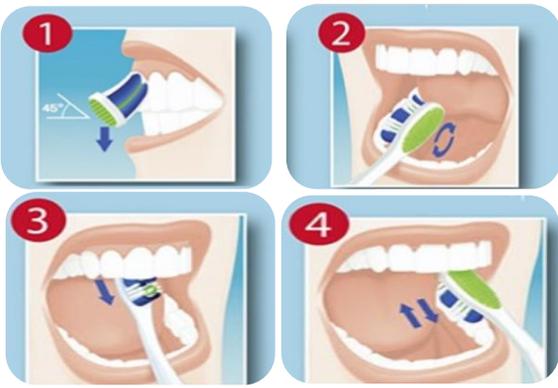
Use only a **smear for children under age 3**.

Use a **pea-size amount if child is 3 years or older**.

Find a position where your child is comfortable and you can see his or her teeth. Lay the child down with his or her head in your lap.

If you are having trouble brushing your child's teeth, use a counting game, or a song while brushing.





The adult should hold the brush at a 45 degree angle to the gum line, and brush gently along the gum line.

The brush should be moved in **circular motions**.

**Brush all teeth and all surfaces:** front, back, top, and bottom.

You should spend **two minutes brushing**.

Stop the spread of germs. Family members **should not share** eating utensils, toothbrushes, or anything else that goes inside their mouths



Lift your child's lips and look inside your child's mouth regularly. Healthy **gums should be pinkish and firm**.

Problems that need an urgent dentist appointment are:

- White, brown, or black spots on the teeth
- Red, swollen, or bleeding gums
- Broken or fractured teeth

Snacks and sweets, like chips and candy, are bad for your child's teeth. When your child is hungry, give him or her a healthy snack.

Kids love fresh fruit like **apples, bananas, oranges, or berries** & vegetables like **broccoli, carrots, celery, or cucumber**.

Foods made with whole grains, like **cereal, or crackers**. Dairy products like **low-fat cheese, or unsweetened yogurt**.

Juice and soda have a lot of sugar; and cause cavities.

If your child is thirsty, give him or her plain **tap water** or milk.

**Tap water from your home faucet has fluoride** in it that strengthens teeth. Bottled water does not always have fluoride to protect teeth.



Do not let your child go to bed with a sippy cup or bottle with anything in it but water.

The last thing to touch your child's teeth before bed is a **toothbrush, toothpaste, or water**.

