

Lesson Plans for Way to Grow / Asi se Crece

Hop-A-Lot's First Steps to Fitness

Dianne Warren / Oasis Publications

Goal: To educate the parent / care-giver about the importance of healthy gums, teeth and bones.

Objectives for Parents:

1. To understand why good dental health during pregnancy is so important to mother and child.
2. To understand how to prevent tooth decay and dental diseases.
3. To involve my child daily in bone-building activities.
4. To model healthy dental practices for my child.
5. To recognize foods that help and those that hinder the development of healthy bones and teeth.
6. To see the connections between oral health and overall health.

Objectives for Child:

7. To eat bone and teeth building foods everyday.
8. To clean my teeth twice a day.

Lesson Plan Set-up:

There are different ways to use **Way to Grow** / **Asi se Crece**. It is a teaching tool for both the mother and the child, so depending upon the situation it will be used differently.

- Small groups of mothers can be directed through the book by a staff member using the lesson plan.
- Use one objective each time the group gathers. There is a lot of background information tied to each book page and many related activities. You will find some points are repeated.

- Use what works. Mothers need to see how easy and “do-able” this is.
- You may begin by allowing each mother to choose an entry in the **Parents’ Corner** and share what it means to her. It is very interesting to see how this varies within groups and what the mothers learn from one another.
- Each numbered objective in the lesson plan will be followed by the related page numbers in the book. Make sure everyone is on the same page. All illustrations are the same for the English and Spanish sides, as is the information.
- Mothers will read the book to their children and talk to them about the topics being covered. Have mothers share their children’s responses with the group.

Activities to Accomplish Objectives:

1. (page 1) **To understand why good dental health during pregnancy is so important to mother and child.**
 1. **A.** Visit your dentist before or early in your pregnancy. Preventing oral health problems results in healthier babies and more enjoyable pregnancies.
 1. **B.** During pregnancy, mothers’ gums and teeth need special attention. Be aware of the following conditions:
 - Increased hormone production during pregnancy exaggerates the way gums react to plaque.
 - Swollen and bleeding gums are reactions to plaque and are most common in the front of the mouth.
 - These reactions are called “Pregnancy Gingivitis”, a gum disease, and should never be ignored.
 - “Pregnancy Gingivitis” is reversible. Dental cleanings in the 2nd trimester and good oral hygiene can control it.
 - Tooth decay is caused by repeated attacks on the tooth enamel and is usually caused by changes in diets and dental hygiene.

- Periodontal Disease is the breakdown of tooth attachment to the bone. It is detected in up to 30% of pregnant women.
- Severe morning sickness and repeated vomiting can cause erosion of tooth enamel especially on the back of the front teeth. Rinse mouth after vomiting and ask dentist how to prevent damage to your teeth.
- Dry mouth is a problem for some pregnant women. Drink plenty of water, suck on sugar-free candies or lozenges or chew gum containing xylitol. This will stimulate saliva production and keep your mouth moist.
- Some pregnant women experience too much saliva. This usually occurs early in the pregnancy and is associated with nausea. It usually disappears after the 1st trimester.

1. C. The consequences of untreated dental problems (mouth infections) can affect pregnancy outcomes.

- Pregnant women who have gum disease may be 6 times more likely to have a baby that is born too early or too small.
- Recent studies suggest that the hormones the body releases to trigger labor may be related to those released in response to an infection.
- Treating gum disease may reduce premature births by 80%.
- Premature births have become the number one obstetric problem in the US and account for 35% of all spending for infants and 10% for all children.
- A premature birth costs \$75,000 on average compared to \$1300 for a normal birth.
- Premature births are responsible for 75% of all neo-natal deaths and 50% of all long-term health problems in children.
- Research suggests a link between maternal oral health during pregnancy and an especially damaging form of tooth decay in up to 10% of young children. Since tooth decay and gum disease are infectious diseases,

controlling them in mothers' mouths may reduce the transmission of the cavity causing bacteria to the child.

- The results of untreated dental problems are:
 1. unpleasant pregnancies
 2. aggravated dental problems
 3. increased risks of premature deliveries
 4. higher medical costs due to special needs of premature babies
 5. possible link to increased cavities in young children.

1. D. Go to www.simplestepsdental.com and click on "Will you Get Cavities?" to assess your risk for tooth decay and gum disease.

1. E. The good news! Diet and healthy dental hygiene can prevent dental conditions from becoming problems.

- Visit your dentist if you're thinking about getting pregnant or visit your dentist early in your pregnancy for regular cleanings and dental advice related to pregnancy.
- Eat a balanced diet. Eating patterns and preferences change during pregnancy.
- Avoid constant snacking on starches (baked goods, chips) and sugary snacks that contribute to plaque build up. Eat these foods at mealtimes.
- Eat fruits, vegetables and low-fat dairy products between meals.
- Drink water and low-fat milk between meals. Avoid carbonated sodas, sweet teas, fruit juices & sports drinks.
- Eat whole fruits rather than drinking fruit juices.
- Brush teeth twice a day with a fluoride toothpaste.
- Floss daily.
- Get outdoors and into the sunshine.

2. (Page 2) To understand how to prevent tooth decay and dental diseases.

2. A. What is plaque (plack) and what does it do?

- Plaque is a clear, sticky film made up of food particles and bacteria that normally live in the mouth.
- It forms on the surfaces of our teeth.
- When plaque interacts with sugary and starchy foods acid forms.
- This acid attacks the enamel that covers and protects each tooth.
- Repeated attacks by this acid eat away at the protective enamel. This exposes our teeth to the acid which causes cavities and tooth decay.
- Plaque that is not brushed, flossed or rinsed away hardens into tartar which is yellowish-brown in color.
- Tartar provides an even better surface for plaque to stick to.
- As tartar and plaque grow, gums become irritated and infected. This causes red, swollen and tender gum tissue.
- Plaque along the gum line causes gingivitis, an infection of the gums.
- Untreated gingivitis leads to periodontal disease which affects how the tooth connects to the bone beneath.
- Untreated plaque buildup is the cause of tooth decay and gum diseases.

2. B. How to attack plaque.

- Regular dental visits prevent plaque buildup.
- Contact your dentist if you notice any changes in your mouth or pain and bleeding when brushing.
- Brush your teeth twice a day with fluoride toothpaste.
- Floss daily.
- Eat sugary and starchy foods at mealtimes only. Limiting the time these acid-causing foods spend in contact with teeth, reduces the time teeth and gums are exposed to potential damage.
- Limit carbonated sodas, sweet teas, fruit juices and sports drinks to mealtimes. The less the better.
- Drink water and low-fat milk between meals.

2. C. Google **dental plaque** for a variety of graphic images of plaque's causes and consequences.
2. D. Preventing dental problems begins in the mouths of infants.
- Even before the first tooth is visible, a baby's mouth, tongue and cheeks should be cleaned with a soft, clean cloth.
 - Either place baby in infant carrier or cradle in your arm.
 - Make sure your hands are washed.
 - Do this twice a day, especially before bedtime.
 - This allows your child to grow accustomed to having her mouth cleaned.
 - Never put a baby to bed with a bottle filled with juice, formula or milk. Use water only.
 - Other than at mealtimes, don't let a child spend time with a bottle or sippy cup filled with anything but water.
 - Serve juices and milk at mealtimes only.
 - Eliminate saliva-sharing activities. Don't share eating utensils, clean baby's things in your mouth or clean baby's face/mouth with your saliva.
 - Saliva transfers cavity-causing bacteria, viruses and germs from your mouth to your baby's.
 - Clean toys shared with other babies. Everything goes into a baby's mouth as they explore their world.
 - When teeth appear (4-7 months), continue to clean with a soft cloth.
 - At 18-24 months, clean teeth with a soft toothbrush and non-fluoride toothpaste.
2. E. Go to www.webmd.com/oral-health, scroll down and click on Baby Teeth for more tips on cleaning a baby's teeth.
2. F. Have mothers create a "Family Denis-tree".
- To the best of their ability, have mothers look at their family history of dental health.

- Create a dental history. Looking at the dental health of close relatives illustrates what kind of dental health she and her children could look forward to.
- What does the dental history tell these mothers?
 1. Are we eating enough bone and teeth-building foods?
 2. Are we drinking enough low-fat milk?
 3. Are we getting enough fluoride?
 4. Are we taking good care of our teeth?
 5. Are we visiting the dentist regularly?
 6. Am I a good example (smoke, drink sodas, etc.)?
- Have mothers share their “Denis-tree” with their dentist.

3. (Page 3) I will involve my child in bone-building activities every day.

3. A. Being physically active is important to bone health.

- Just like muscles, bones become stronger with activities that make them work against gravity.
- Jawbones benefit also. Chewing is “mouth exercise”.
- Actions that increase bone strength include:
 1. running
 2. jumping
 3. lifting
 4. pushing
 5. pulling
 6. throwing
 7. kicking
 8. climbing
- What activities incorporate these actions? Have mothers think about what their children do everyday that would build strong bones. Here are a few suggestions:
 1. running: chase, tag, races, most sports
 2. jumping: hopscotch, jump rope, basketball, dancing, using playground equipment
 3. lifting: carrying or moving objects
 4. pushing: wagons, wrestling, swings, sledding

5. pulling: wagons, tug-of-war, moving large objects, swimming
6. throwing: baseball, catch, bean bags, football, snowballs
7. kicking: soccer, kickball, swimming, dancing
8. climbing: stairs, walking uphill, using playground equipment.

- Protecting teeth and bones through supervised play/activity times and using seat belts and protective equipment (mouth pieces, helmets, knee and elbow pads) in sports contributes to bone and teeth health.

3. B. Read **Born to Move** about the importance of daily activity. This can be found at www.fitness4kidz.com.

3. C. Playing outside in the sun also helps build strong bones and teeth.

- Our bodies use the sunlight on our skin to make Vitamin D, the “sunshine vitamin”.
- Sunscreen blocks the formation of Vitamin D.
- Fair-skinned children need only 15-20 minutes of sunshine each day before sunscreen is applied.
- Dark skinned children need more.
- **Consult your doctor about the Vitamin D needs of your child.**

3. D. What does Vitamin D do?

- Absorbs and deposits calcium into bones and teeth
- Boosts immune systems to prevent gum disease
- Builds strong joints and muscles
- Prevents diabetes, certain cancers, osteoporosis & heart disease

3. E. What are the sources of Vitamin D?

1. Sunshine (Refer to 3.C.)

2. Foods

- Oily, cold water fish: salmon, sardines, tuna, herring, oysters and shrimp
- Eggs
- Liver
- Dark, leafy green vegetables: broccoli, bok choy, swiss chard, dandelion greens, spinach, kale

3. Fortified foods

- Low-fat dairy (after 2 years old)
- Orange juice
- Cereals
- Soy and rice milks
- Tofu

4. Supplements

- Liquid drops
- Tablets/capsules

3. F. What are some signs of Vitamin D deficiency?

- Rickets: a disease causing weak bones and teeth, bowed legs, curved spine
- Osteoporosis: thinning of bones usually occurring in later life
- Sight and hearing loss due to damage to eye muscles and tiny bones in the ear
- Gum disease due to weakened immune system.

3. G. Everyone needs Vitamin D.

- Research is constantly up-dating what we know about Vitamin D and its effects on our bodies.
- Where we live, how much time we spend in the sun, the amount of pigment in our skin, our age, condition (pregnant?), and our diets are some of the factors that determine our needs for Vitamin D.
- With so many variables it is important that we talk to our health care professionals to determine our individual needs for this vitamin.

- **Pregnant and breast-feeding women have an increased need for Vitamin D, for their health and the health of their babies.**
- Recent studies suggest a link between low levels of Vitamin D in pregnant women and a baby's risk for tooth enamel defects and early childhood tooth decay.
- Many studies have found low Vitamin D levels in people with gingivitis and periodontal disease.

4. (Pages 4 & 5) I will model healthy dental practices for my child.

4. A. Dental hygiene is the best way to prevent dental problems.

- Your children want to be like you. They will watch you and do what you do.
- Dental health is a family affair. Since even kissing can pass cavity-causing germs and bacteria from person to person, all family members must have healthy mouths.
- Let your kids see you brush and floss. Talk about the importance of taking care of teeth and gums.
- Make sure Dad sets a good dental example. Men tend to:
 1. not to set regular dental appointments,
 2. skimp on dental hygiene,
 3. replace worn out toothbrushes less frequently,
 4. have more tooth loss due to periodontal disease and tooth decay and
 5. suffer more oral cancers.
- Make only positive comments about your up-coming dental visits. Children will pick up on your fears of the dentist.
- Snack on bone and teeth-building foods and drink water between meals, just like you want your kids to do.
- Talk to your kids about the importance of strong teeth and bones.
- Smile!

4. B. Children need guidance to clean their teeth properly.

- Children lack dexterity and a commitment to clean their teeth well. Monitor their brushing and flossing until 7-8 years old.
- Never share toothbrushes! This can transfer cavity-causing bacteria and illnesses from mouth to mouth.
- Make sure your child uses an age-appropriate, soft-bristled toothbrush. (Toothbrushes were developed in China over 1000 years ago!)
- If possible, let your child choose his own toothbrush.
- Replace toothbrushes every 3-6 months, or when you notice the bristles spreading.
- Make sure your child spends enough time to do a good job. Set an egg timer, sing a song or look for children's toothbrushes that play a song.
- Brush after breakfast and before bed time.
- If your child is taking a sugared medicine, make sure to brush afterwards.
- Flossing starts when two teeth touch and should be done before bedtime.
- Make sure children avoid hurting their gums when flossing.
- Use a fluoride toothpaste after 2 years old. A tendency to swallow, plus the many appealing flavored toothpastes are an unhealthy combination for young children.
- Don't use too much toothpaste...a pea-sized drop is enough.
- On your computer, go to:
www.video.about.com/babyparenting/Better-Brushing.htm
for a visual on tooth brushing.
- Go to Amazon.com, click on books, then children's books, and search for dental health. You will see lots of books, many of them at used prices, to address whatever dental stage you are at with your child.

4. C. But they're only baby teeth.....

- Many parents don't recognize the importance of baby teeth and overlook their care and cleaning, but they:
 1. help babies form sounds and words
 2. help a baby chew food
 3. hold space for permanent teeth

4. affect the way the jaw develops
 5. enable a child to smile with confidence.
- Take your baby to the dentist by the first birthday for:
 1. teeth cleaning and care instructions
 2. dental advice on diet, bottles, thumb-sucking, etc.
 3. fluoride use guidelines, information on sealants
 4. early detection to prevent dental problems
 5. comfort-building with the dental experience
 6. the start of life-long dental visits.
 - Cavities are the most common chronic disease in children...21% of 3 year olds and 28% of 5 year olds have visible cavities.
 - How to spot if your child is at risk:
 1. eats lots of sugary foods (raisins, cookies, candies)
 2. drinks sweet liquids
 3. snacks on starchy foods (chips, baked goods)
 4. was a premature or low-weight baby
 5. has discolored teeth, white spots, lines
 6. has bad breath
 7. is dehydrated or has dry mouth
 8. does not brush and floss everyday
 9. does not have regular dental check-ups
 10. has a family history of dental problems (check your "Family Denis-tree").

4. E. Read books to your child about visiting the dentist.

1. The Berenstain Bears Visit the Dentist, by S. Berenstain
2. Barney Goes to the Dentist, by Linda Cress Dowdy
3. My Dentist, My Friend, by P.K. Hallinan
4. Show Me Your Smile (Dora Explorer visits the dentist) by Christine Ricci
5. Going to the Dentist, by Anne Civarti

4. F. How to find preventive dental care for your child:

- Medicaid: www.cms.hhs.gov/medicaiddentalcoverage for eligibility requirements for each state or call 1-877-267-2323
- State Children's Health Insurance Program (SCHIP): go to above address or check www.insurekidsnow.gov
- Check local dental schools for reduced-fee treatments.
- Call your local health department which may know of programs that offer free or low cost dental care in your area.

5. (Page 6) I will recognize which foods help and which foods hinder the development of healthy teeth, gums & bones.

5. A. Lifelong eating habits begin at weaning. It is important that these habits lead to healthy bones, gums and teeth

- A balanced diet is the best way to a healthy body.
- Maintain regular snack and meal times.
- Serve water between meals.
- Keep only healthy foods in the home.

5. B. Foods that help build strong bones, gums and teeth:

- Foods that contain calcium help build strong bones and teeth.
- Calcium is found in:
 1. breast milk
 2. dairy products, choose low-fat after child is 2 years old
 3. canned sardines, salmon and other cold water fish
 4. cooked leafy greens: bok choy, broccoli, kale, spinach, swiss chard, collards, dandelion greens
 5. beans, almonds, corn tortillas
 6. calcium fortified foods: orange juice, soy foods, rice milk
 7. supplements

- **Calcium** does not work alone. It **needs helpers**:
 1. **Vitamin D** to move it into the bones (refer to 3.E.)
 2. **magnesium** to stimulate bone production (nuts, lentils, avocados, beans, soy, spinach, whole wheat products)
 3. **Vitamin K** for bone strength (dark, leafy greens)
 4. **activity** to direct calcium into bones (running, jumping).
- Fruits and vegetables that are brightly colored have vitamins and minerals that build our body's ability to fight disease. This helps keep our gums healthy.
- Fluoride is a compound that helps teeth in 2 ways. It protects the tooth's enamel surface and it gets inside teeth to reverse early tooth decay. It is found in drinking water, supplements, toothpaste and mouth wash.
- Xylitol is a sugar substitute. It has been shown to prevent early decay in infants and play a role in protecting permanent teeth.
- It interferes with the production of the acids that eat enamel.
- It is found in some gums, candies, toothpastes and mouth rinses.

5. C. Foods that hinder the development of healthy gums & teeth:

- Foods high in starch and sugar (carbohydrates) interact with plaque to form an acid that attacks teeth and gums. Refer to 2.A.
- Sugar is known by many different names. How many do you know? (brown sugar, corn syrup, high fructose corn syrup, dextrose, glucose, lactose, fructose, maltose, sucrose, honey, molasses, rice syrup, maple syrup, maltodextrin and granulated, confectioner's and powdered sugar...to name a few).
- Sugars are in some surprising foods! (spaghetti sauce, catsup, salad dressing, bread, crackers, yogurt and peanut butter)
- Have mothers bring in foods where they were surprised to find "hidden sugars".

- Baked goods are high in starch. They include cakes, cookies, pasta, breads, tortillas, muffins, crackers, chips, pretzels and rice.
- What other starchy foods can the mothers think of?
- When foods containing sugar and starch interact with plaque, acids form that attack the tooth's enamel.
- Regular snacking on these foods puts teeth in a constant acid bath. This damages enamel and leads to tooth decay.
- Chips and crackers can cause as much damage to teeth and gums as cookies and candy!
- Eat these foods at mealtimes because:
 1. it limits the amount of time the food is in the mouth
 2. saliva increases during meals and helps wash away food particles
 3. beverages are usually consumed at mealtimes which also remove food from the teeth and gums.
- The main thing to remember is that how often you eat is just as important as what you eat.

5. D. Serve water or milk between meals.

- Soda drinking is the only dietary factor that has been tied to obesity.
- There is a strong correlation between the use of sweetened drinks in infancy and the consumption of sugary foods in adulthood.
- Non diet sodas are full of sugar. 4 gm of sugar = 1 teaspoon.
- Have mothers bring in their favorite soda and figure out how much sugar they (or their children) are consuming.
- An increase in soda drinking over the last 30 years has taken the average soda consumption from 20 gallons per person a year to 50 gallons a year!
- Dairy purchases have fallen by 30% over the same time period.
- Drinking sodas, sports and energy drinks replaces the calcium from milk and fluoride from water.
- The acidity (phosphoric acid) in sodas, energy and sports drinks also attacks the enamel on teeth.

- Fruit juices, especially citrus (lemon, lime, grapefruit, orange, tangerine), are very sweet and the acids in them also attack tooth enamel.
- Add water to fruit drinks.
- Rinse teeth after drinking.
- Wait one hour after drinking soda, sports and energy drinks to brush teeth to prevent further erosion.
- Use a straw when drinking sugary, acidic beverages to limit their contact with tooth surfaces.
- Serve sweetened drinks with meals only.
- Save sodas for special occasions.
- A recent study published in ***General Dentistry*** ranks drinks from best to worst.
 1. water
 2. black tea and coffee
 3. root beer
 4. regular and diet cola
 5. canned ice tea
 6. lemon-lime soda
 7. orange soda
 8. sweetened juices
 9. energy drinks
 10. sports drinks

5. E. Snacks play an important role in bone and teeth health.

- Serve foods high in sugar and starch at mealtimes.
- Good snack options are:
 1. low fat dairy (after 2 years old), especially hard cheeses (cheddar, swiss) and plain yogurt
 2. fruits
 3. vegetables (age appropriate)
 4. popcorn
 5. bean dips, hummus, guacamole, salsa
 6. whole wheat crackers
 7. peanut butter
 8. nuts and seeds
- Have mothers use the above foods in healthy snack combinations, such as.....

1. crackers and cheese topped with salsa or apple slices
 2. vegetables dipped in hummus, guacamole, salsa, bean dips
 3. apple slices dipped in peanut butter
 4. fruit slices dipped in low-fat yogurt
 5. popcorn with parmesan cheese sprinkled on top
 6. celery filled with peanut butter...add sunflower seeds
 7. string cheese with fruit or veggie slices
 8. fruit smoothies made with low-fat milk and/yogurt
 9. What other combinations are popular with their children?
- Cheese is a good snack choice because:
 - a. it disrupts the development of cavities
 - b. minimizes acids in mouth that cause enamel damage
 - c. provides calcium and magnesium for strong bones and teeth
 - d. stimulates saliva flow to help clear food particles from the mouth

5. F. Snack foods to avoid:

- Sticky, sweet foods that get stuck or spend too much time in contact with teeth:
 - a. raisins and fruit leather
 - b. caramels, toffee, marshmallows and other chewy candies
 - c. suckers, hard candies, lozenges that take longer to eat
 - d. sodas, fruit and sports drinks
- Starchy foods that can also get stuck in the teeth:
 - a. chips
 - b. crackers and bread
 - c. cookies, cakes, muffins, pie crusts
 - d. pretzels

6 (Page 7) I understand the connections between oral health and overall health.

- 6. A.** The cleaner and healthier your mouth is the better off the rest of the body will be. This is true for you **and** your children regardless of age.

- We enjoy good dental and bone health when we are:
 1. brushing teeth twice a day
 2. using fluoride toothpaste for everyone over 2 years old
 3. flossing once a day
 4. having regular visits to the dentist starting at 1 year old
 5. having regular, scheduled snack and mealtimes
 6. eating balanced meals (refer to 5.B.)
 7. eating healthy snacks (refer to 5.E.)
 8. eating sugary and starchy foods at mealtimes
 9. drinking water and low-fat milk between meals (refer to 5.D.)

- 6. B. When we don't follow the above practices, gum disease and tooth decay can let bacteria enter the bloodstream and damage other parts of the body.
 - Google "how a tooth decays" and click on the simplestepsdental.com site for pictures to see how his process contributes to overall health.
 - Poor oral health has been linked to:
 1. **complex dental problems**
 2. **premature births** and **low-weight babies** (refer to 1.C.)
 3. **heart disease** (dental bacteria has been found in arterial plaque lining the arteries)
 4. **diabetes** increasing risk of gum disease, tooth loss and dry mouth and these infections interfering with blood sugar levels
 5. **HIV/AIDS** that is often first diagnosed through severe gum infection and problems with the tongue
 6. **substance abuse**, especially smoking and/or chewing tobacco causing oral cancers
 7. **osteoporosis**, a weakening of the bones (usually later in life), that may first show up in dental x-rays
 8. **eating disorders** that destroy the enamel on the backs of the front teeth
 9. **obesity** that some research is suggesting is impacted by an elevated protein (C-reactive) level that causes fat cells to store more fat and burn less energy

10. **stress** that is associated with increased susceptibility to infection which worsens oral health
11. **low self esteem**, when your teeth are damaged, discolored or missing, you don't feel much like smiling and social interactions are affected
12. **learning problems** become evident in children because:
 - dental pain distracts from learning, making it hard to focus
 - dental pain affects concentration and contributes to lower test scores
 - dental problems cause missed days at school
 - dental pain affects foods eaten and poor nutrition impacts school readiness
 - dental pain affects sleep patterns which control retention of recently learned material and daily attentiveness.

7. (Page 6) My child will eat bone and teeth building foods every day.

7. **A.** Families that eat together enjoy healthier meals and drink fewer sodas.
 - Make family meals a priority. Serve healthy meals shared by all family members.
 - Read **Family Meals / Comidas en Familia** found at www.fitness4kidz.com which outlines the benefits of eating together.
 - The example parents set have the most influence on their children.
 - The foods they see you eat are going to be the foods they want to eat.
 - Snack times are as important as mealtimes. Make sure the foods served for snacks build strong teeth and bones. Refer to 5. E. & F.

- 7. B.** Talk to your children about the importance of bone and teeth-building foods. Refer to 5. B.
- Play **Farmers' Market** with your children. They will see how fruits and vegetables grow and why they are important to good health. This is found at www.fitness4kidz.com.
 - Go to www.dltk-kids.com/nutrition for a variety of activities on nutrition for young children.
 - Take your children to your local farmers' market or grocery store. Point out the bone and teeth-building foods and let them choose new foods to help grow strong bones and teeth.
 - Collect old magazines and food ads from newspapers. Give each child a paper plate. Cut out (you probably) pictures of bone and teeth-building foods. Paste them on the plates.

8. (Pages 4 & 5) My child will practice healthy dental habits.

- 8. A.** My child has everything she needs to practice healthy dental habits.
- I know my example will determine my child's attitude and practices concerning dental health so I:
 1. brush twice a day with a fluoride toothpaste
 2. floss once every day
 3. visit the dentist for regular cleanings and check-ups
 4. serve and eat bone and teeth-building foods at every meal
 5. drink only water or milk between meals, saving sodas for special occasions and sweetened drinks for mealtimes
 6. eat at scheduled snack and mealtimes only.
 - My baby's healthy dental practices start at birth by:

1. never going to sleep with a bottle filled with anything but water
 2. me cleaning my baby's gums, cheeks and first teeth every day using a soft, clean cloth
 3. me taking my baby to the dentist by her 1st birthday
- As my child grows I:
 1. provide my child with an age-appropriate, soft-bristled tooth brush
 2. monitor and guide my child in her tooth brushing techniques until she can do it on her own (7-8 years old)
 3. give my child a pea-sized drop of fluoride tooth paste after she is 2 years old
 4. teach my child how to floss and monitor her attempts every day
 5. teach my child what foods help and what foods hinder the development of strong bones and teeth (refer to 5.B)
 6. serve regular, scheduled snacks and meals, eliminating constant eating
 7. provide only water and milk between meals and do not let my child walk around with a bottle or sippy cup filled with anything but water
 8. take my child for regular dentist visits
 9. get outside and play with my child every day
 10. Smile, Smile, Smile!!!
 - Eating right, exercise and regular dental and health check-ups are easy to do and the best ways to grow. Now, that really gives us something to smile about!