

RESOURCES TO SHARE

Developing good oral health habits at an early age and visiting the dentist regularly helps children get a good start on a lifetime of healthy teeth and gums. Use these resources to raise awareness about the importance of children's oral health in your community. Find tips for supporting good oral health at home and in the classroom.

- [Healthy Habits for Happy Smiles](#), a handout series for pregnant women and parents of infants and children, provides simple oral health tips. The handouts are also available in [Spanish](#).
- [I Like My Teeth Fluoride Posters](#) share positive messages on the importance of drinking water with fluoride and brushing with fluoride toothpaste. Child care and Head Start staff can use the posters as teaching aids. They are available in English and Spanish.
- [Oral Health: Health Tips for Families](#) offers ideas parents can use to promote good oral health, including avoiding sugary drinks and foods and serving healthy meals and snacks. The tip sheet is available in Amharic, Arabic, Burmese, Chinese, English, Hmong, Somali, Spanish, and Vietnamese.
- [Questions to Ask When Looking for a Dental Office](#) provides a list of questions for parents to ask a dental office before they decide to make an appointment.
- The [Steps for Toothbrushing at the Table: Growing Healthy Smiles in Early Child Care and Education Programs](#) video can be used to train staff to begin a daily toothbrushing routine in Head Start and child care programs. Explore information about how children can brush their teeth as a group at the table.



Find more [oral health resources](#) on the Early Childhood Learning and Knowledge Center (ECLKC).

<https://eclkc.ohs.acf.hhs.gov/oral->

[health?utm_medium=email&utm_campaign=ECHW%20Eblast%20February%20Is%20National%20Childrens%20Dental%20Health%20Month&utm_content=ECHW%20Eblast%20February%20Is%20National%20Childrens%20Dental%20Health%20Month+CID_2073d66f79a21a84c1cb1a6a6d4a9123&utm_source=CM%20Eblast&utm_term=oral%20health%20resources](https://eclkc.ohs.acf.hhs.gov/oral-health?utm_medium=email&utm_campaign=ECHW%20Eblast%20February%20Is%20National%20Childrens%20Dental%20Health%20Month&utm_content=ECHW%20Eblast%20February%20Is%20National%20Childrens%20Dental%20Health%20Month+CID_2073d66f79a21a84c1cb1a6a6d4a9123&utm_source=CM%20Eblast&utm_term=oral%20health%20resources)

Smiles For Life produces educational resources to ensure the integration of oral health and primary care. Handouts and posters are available for patient education.

The Smiles for Life national online curriculum consists of eight 60-minute modules covering core areas of oral health relevant to health professionals. User competencies are measured through assessments at course completion. Users must score an 80% or higher to receive credit for each course.



<https://smilesforlifeoralhealth.org/buildcontent.aspx?pagekey=101554&lastpagekey=101554&userkey=14517233&sessionkey=4761615&tut=555&customerkey=84&custsitegroupkey=0>

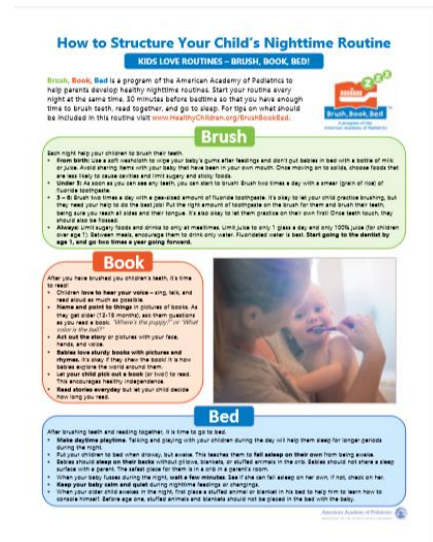
American Academy of Pediatrics Oral Health Toolkit for Health Providers:

Helping You Help Moms

Oral health during pregnancy and infancy is especially important to set little ones up for a lifetime of good health. Moms want to know how to keep themselves and their babies happy and healthy — that's why they come to you for guidance. This toolkit makes it easier than ever to help connect moms to the oral health answers they need, providing healthy tips to patients and conversation tactics to providers like you.

HealthyChildren.org - Brush, Book, Bed

Information for families to help them structure a night time routine for their children which includes; brushing teeth, reading a book, and creating a regular bed time.



Brush, Book, Bed Resources:

<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Oral-Health/Pages/Oral-Health-Resources.aspx>