

FUN TO BRUSH



Presented by:

**Batel Dostov, Sally Leveque, Vanessa Marino,
Pamela Pepin Rosado, Angie Vargas-Kawall**

WHERE DID WE VISIT?

Metrokids
PRESCHOOL

WHY DID WE DECIDE TO TEACH CHILDREN?



- A 2017 study in Brazil showed only 46% of children under the age of 5 were caries free and there was a high prevalence of plaque
- Preschool children are at an age where they are slowly learning to manage their personal care
- The study showed that with playful learning interventions improvement was shown
- Educating children on the importance of oral health and limiting sugar intake to reduce caries is a must

ASSESSMENT

- Our target population was 4-5 year olds
- Their oral health status ranged from fair - good
- Needs identified were: brushing 2x daily, using the correct amount of toothpaste and correct technique, educating that sugary foods cause cavities

PLANNING

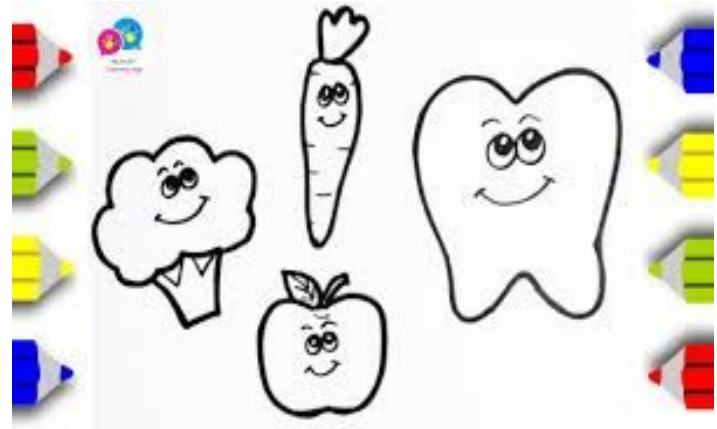
- Our goal was to ensure the children gained knowledge on the importance of oral health and a healthy diet and put it into practice with the help of their parents and educators
- We decided on a “Tell-Show-Do” approach as well as the use of books, videos and handouts



IMPLEMENTATION

- We asked questions about their home care routine
- Poster
- We interactively read a book
- “Tell-Show-Do” using typodonts
- Visuals of good and bad foods
- Youtube video <https://www.youtube.com/watch?v=Pd4WnsXwdqw>
- Coloring sheet

IMPLEMENTATION (CONT'D)



IMPLEMENTATION (CONT'D)



IMPLEMENTATION (CONT'D)



EVALUATION

- Overall we felt our teaching methods were effective
- Most children remembered the important points
- Aim to return in 6 months using verbal questionnaire for children and written for educators
- We strongly feel we accomplished what was initially planned!
- Such an amazing experience!



CONCLUSION

The goal for the dental hygienist is to educate the public about the importance of oral hygiene and having a balanced nutrition. Sometimes due to a person's social status, educational background and finances, not everyone has the opportunity to learn about the importance of visiting a dentist or a hygienist to seek OHI guidance.

An important aspect we noticed from this project, is that it is essential to spread the knowledge of oral hygiene and nutrition, starting with the children, because it will be easier for them to practice and have it become part of their routine, and hopefully carry this knowledge throughout their lifetime.

REFERENCES

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