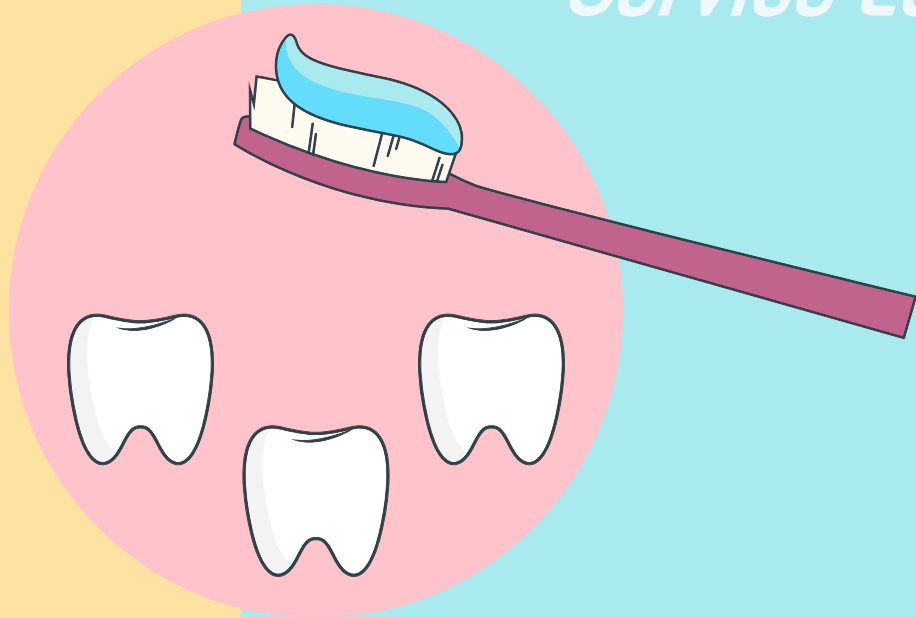


# Oral Health Education in Children with Special Needs

*Service Learning Project*



Den 2413 // Spring 2021

**G. Dustmurodova,  
N. Esposito, K. Guzman,  
J. Krumer, and E. Uvera**

# What we know as a dental care team!



## Barriers to CSHCN Population

- limited resources
- lack of oral health care literacy
- physical and developmental disabilities
- sensory processing difficulties

# What we want to know!



## Questionnaire

- Do you have **dental insurance**?
- Have you scheduled a dental **appointment** for you and your child?
- Can your child perform **basic oral hygiene**?
- How much **sugar** does your child consume a day?

## Results

- 4-Point Scale
- 75% of the families and children are at **Moderate** to **High Risk** of oral and dental disease.



# Let's play the "Name Game"!

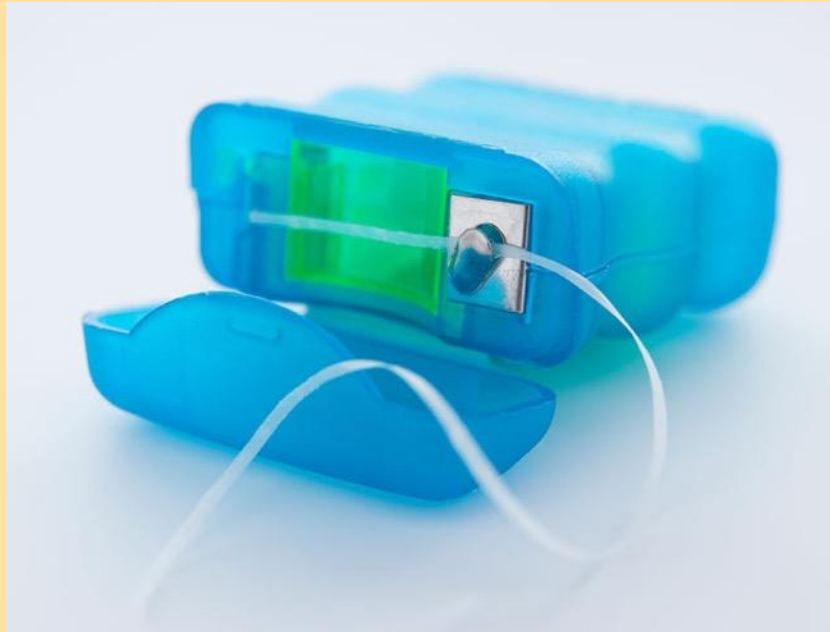


# Let's play the "Name Game"!



toothpaste!

# Let's play the "Name Game"!





We use these items to  
***brush and clean our  
teeth!***

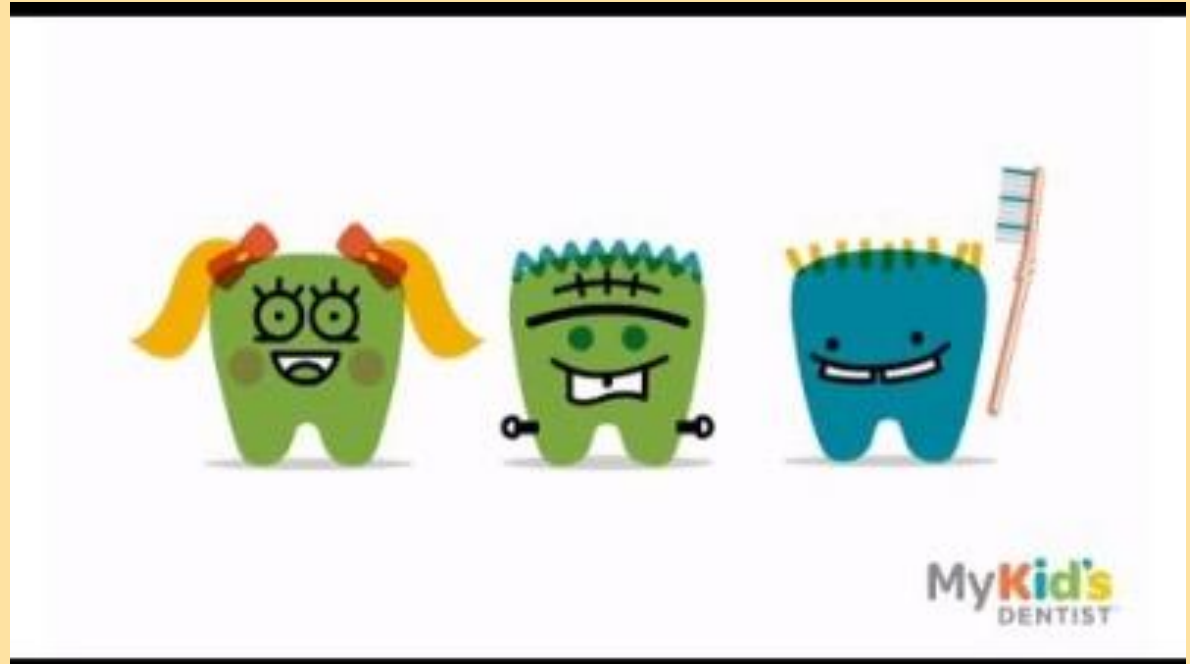
**BUT ... why?**

*why do we need to brush  
and clean our teeth?*



# Why do we need to brush our teeth?

- to remove sticky plaque FILLED with yucky germs
- prevent those yucky germs from creating tiny holes in our teeth called *cavities*



<https://youtu.be/hDZXSMU2IAk>



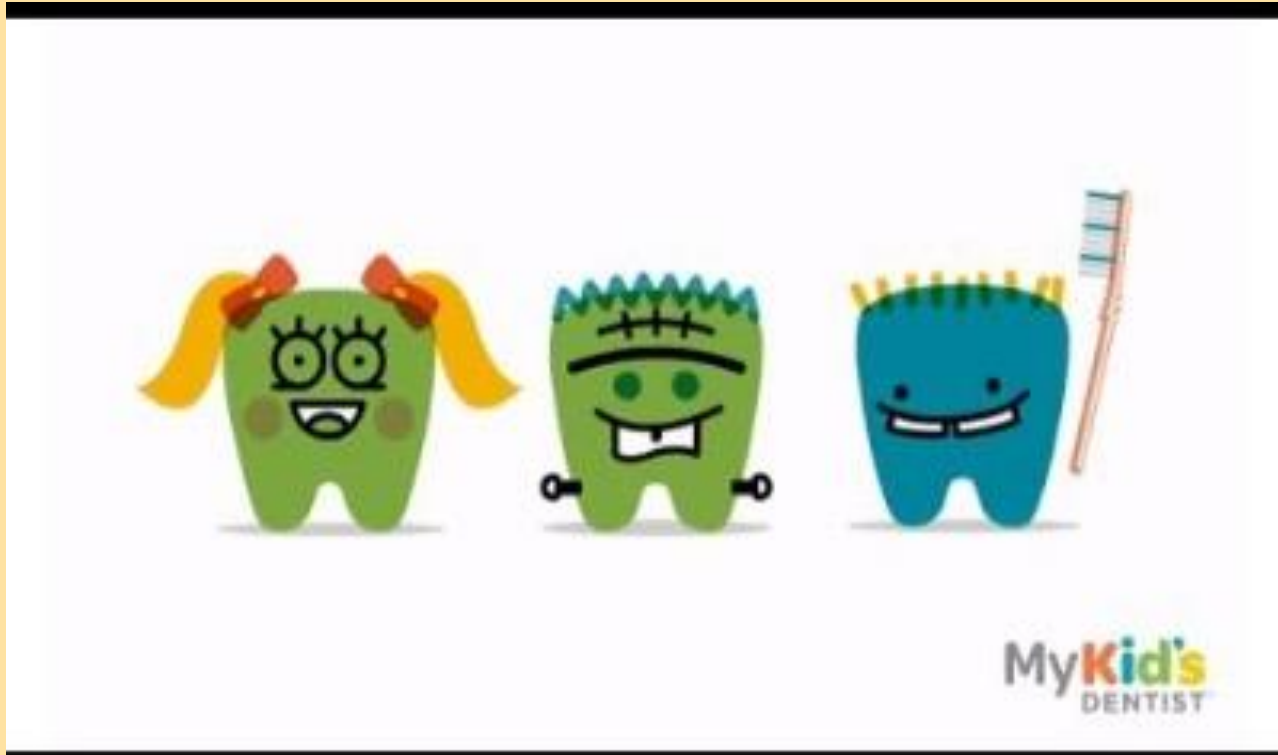
# Now let's meet Rex!

Rex is a friendly alligator that **loves**  
to **have his teeth brushed!**

And Rex is gonna help us show you  
how to do it and love it, too!



# How do we brush and floss our teeth?



Stop at 2:39

<https://youtu.be/hDZXSMU2IAk>

# brushing

- put a pea-sized amount of toothpaste on your toothbrush
- start with your **back teeth** coming forward and brush in little circles
- don't swallow the toothpaste!

# flossing

- have a parent help you!
- wrap the floss around your pointer fingers
- guide it gently between your teeth back and forth until you reach the gums



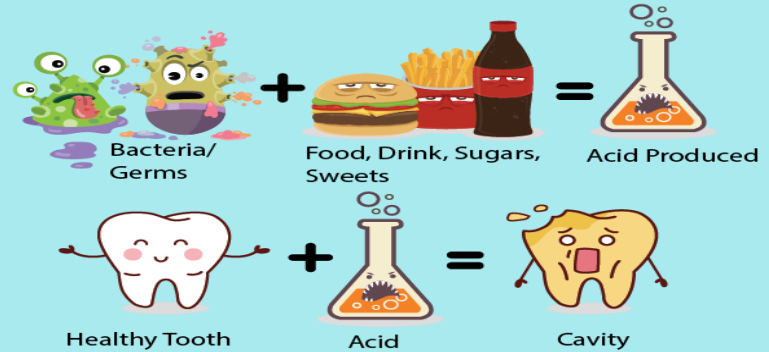
# Cavities

**Cavity** → Breakdown of tooth structure

How a cavity **Forms** → Bacteria that sits in our mouth from the sugar and carbohydrates we eat forms ACID

**ACID** → eats away the outer layer of the tooth called enamel

## Dental Decay Process



## Good Foods



## Bad Foods



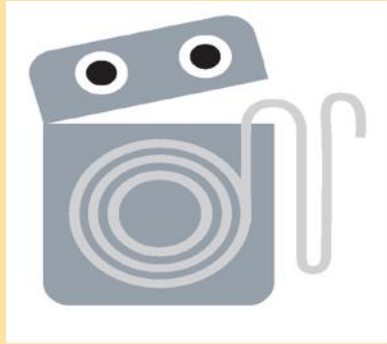
# How to Prevent Cavities



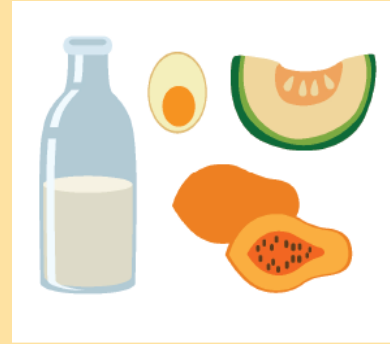
**Brush** your teeth with a **pea** size amount of toothpaste for **2** minutes Morning + Night



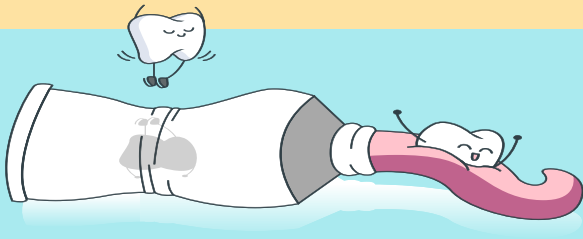
**Floss** at least 1x daily



Drink **water** throughout the day & make healthy food choices



**Visit** the Dentist every **6 Months**

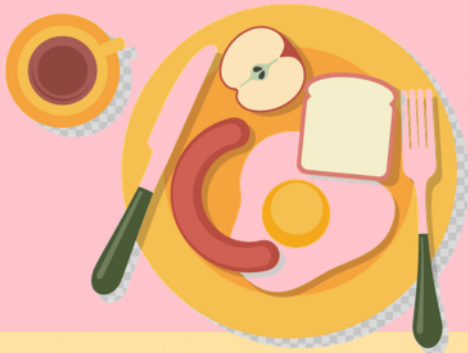
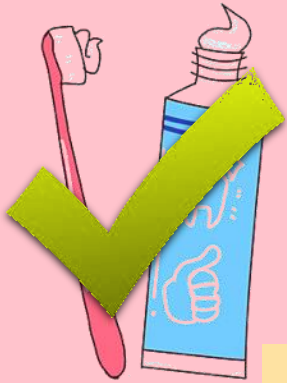




**Let's put together  
what we have  
learned!**

# Story Time with Rex!

It's 7 o'clock in the morning and Rex is ready to start his day. Should Rex first **brush his teeth** or **go have breakfast**?

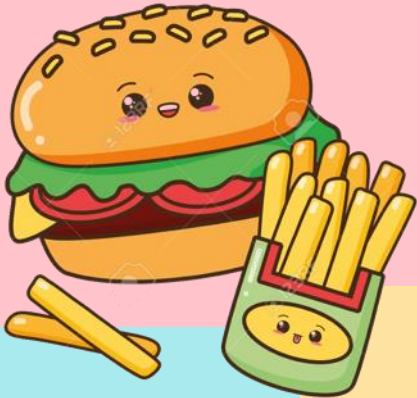


Now that Rex has brushed his teeth – it's time for breakfast! Should Rex have **healthy apple** or a **sugary lollipop**?



# Story Time with Rex!

Before Rex gets going to school, what should he pack for lunch -- **a hamburger and french fries** or some **yummy fruits and veggies**?



At lunchtime, Rex realizes he forgot to bring a drink! Should Rex ask for a **water** or for a **soda**?



# Story Time with Rex!

Rex gets home from school and is having dinner with his family. What can he have for dessert, **ice cream** or **sugar-free jello**?



It's the end of the day and Rex is getting ready for bed. Should Rex **go straight to bed** or **brush and floss** his teeth?



# Surprise!



# any questions?

