

# Child Health & Disability Prevention (CHDP) Program Oral Health Educational Resources For Babies and Young Children (Birth – 5 years)



# **Child Health & Disability Prevention (CHDP) Program Oral Health Educational Resources For Infants and Children (Birth – 5 years)**

A healthy mouth is part of a healthy body. The *Oral Health Educational Resources Guide for Infants and Children (Birth – 5 years)* is intended for use by CHDP providers to help access various oral health educational materials for patients within this age group. This list was compiled by the CHDP Bay Area Regional Dental Subcommittee and contains ordering information, description of the materials, and targeted age groups to better direct the CHDP provider to the specific topic of interest. Materials can be used as a supplement for anticipatory guidance discussion. This resource guide can be accessed at

<http://www.sfdph.org/dph/files/dentalSvcdocs/OralHlthResourceBir5Yrs.pdf>

<b>Child Health &amp; Disability Prevention (CHDP) Program Oral Health Educational Resources for Young Children (Birth – 5 years)</b>
<ul style="list-style-type: none"><li>• Oral Health and Pregnancy — page 3 - 4</li><li>• General Oral Health — pages 5 - 9</li><li>• Preventive Services (Dental Sealants and Fluoride) — pages 10 - 11</li><li>• Diet and Nutrition — pages 12 - 14</li><li>• Oral Habits (Thumb, Finger and Pacifier, Teething, and Bruxism) — pages 15 - 16</li><li>• Dental Emergencies — page 17</li><li>• Sedation — page 18</li><li>• Special Needs — pages 19-21</li></ul>

## ORAL HEALTH AND PREGNANCY

Title/ Number	Order Source	Price	Notes	Target	Available Languages
<b>Two Healthy Smiles Tips to Keep You and Your Baby Healthy</b>	<p style="text-align: center;">National Maternal and Child Oral Health Resource Center  <a href="http://www.mchoralhealth.org/">http://www.mchoralhealth.org/</a></p> <p>Click on <i>Publications</i>. Click on <i>Order Free Publications</i>. Scroll down and click on desired topic. Place an order or print brochure.</p>	Free to order or free internet download	Colorful brochure offers information on taking care of your mouth while pregnant, after your baby is born, and care of your baby's gums and teeth.	Moms to be	English Spanish
<b>Healthy Teeth +Pregnant Moms =Healthy Babies</b>	<p style="text-align: center;">Share the Care Dental Health Initiative of San Diego  <a href="http://www.sharethecaredental.org/website/resources/dentalhealth.html">http://www.sharethecaredental.org/website/resources/dentalhealth.html</a></p> <p>English  <a href="http://www.sharethecaredental.org/website/resources/Healthy%20Teeth%20Preg%20Moms%20Healthy%20Babies.pdf">http://www.sharethecaredental.org/website/resources/Healthy%20Teeth%20Preg%20Moms%20Healthy%20Babies.pdf</a></p> <p>Spanish  <a href="http://www.sharethecaredental.org/website/resources/Healthy%20teeth%20Preg%20moms%20healthy%20babies%20spanish.pdf">http://www.sharethecaredental.org/website/resources/Healthy%20teeth%20Preg%20moms%20healthy%20babies%20spanish.pdf</a></p> <p>Somali  <a href="http://www.sharethecaredental.org/website/resources/healthy_teeth_somali.pdf">http://www.sharethecaredental.org/website/resources/healthy_teeth_somali.pdf</a></p>	Free internet download	One-page fliers explain need for dental care and gives tips on how to take care of mom's and baby's teeth to prevent dental cavities.	Moms to be	English Spanish Somali
<b>Healthy Smiles for Two</b>	<p style="text-align: center;">South Dakota Department of Health  <a href="http://doh.sd.gov/oralHealth/PDF/SmilesforTwo_Brochure.pdf">http://doh.sd.gov/oralHealth/PDF/SmilesforTwo_Brochure.pdf</a></p> <p>Under Brochures click on Smiles for Two. To print - Open printer icon and find page scaling. Click to drop menu selections and click on multiple pages per sheet for best printing.</p>	Free internet download	Colorful double-sided brochure offers information for the mom-to-be on taking care of her mouth while pregnant.	Parents	English

## ORAL HEALTH AND PREGNANCY

Title/ Number	Order Source	Price	Notes	Target	Available Languages
<b><i>New Moms Information for moms and moms-to-be</i></b>	California Dental Association <a href="http://www.cda.org/popup/New_Moms">http://www.cda.org/popup/New_Moms</a>	Free Internet download	One-page fliers in question/answer format answers some of the most frequently ask questions about dental health relating to pregnancy, infants, toddlers and children.	Moms to be	English
<b><i>Cavity Keep Away Brochure</i></b>	California Dental Association Foundation <a href="http://www.cdafoundation.org">http://www.cdafoundation.org</a>  <a href="http://www.cdafoundation.org/Learn/EducationTraining/PerinatalOralHealthEducation/PatientEducationMaterial.aspx">http://www.cdafoundation.org/Learn/EducationTraining/PerinatalOralHealthEducation/PatientEducationMaterial.aspx</a>	Free internet download or order for \$7.00 for 100 Brochures	Colorful tri-fold brochure provides patients with clear messages about the importance and safety of dental care, and how to avoid passing on caries-causing bacteria.	Moms-to-be	English Spanish

## GENERAL ORAL HEALTH

Title/ Number	Order Source	Price	Notes	Target	Available Languages
<b><i>You Can Keep Your Child's Smile Healthy</i></b>	STFM Group on Oral Health <a href="http://www.stfm.org/group/oral.cfm">http://www.stfm.org/group/oral.cfm</a>	Free Internet download	Poster offers tips on how to keep your child's smile healthy	Parents	English Spanish
<b><i>10 Simple Ways You Can Protect Your Baby's Smile</i></b>	Whatcom County Oral Health Coalition <a href="http://www.happyteeth.org">http://www.happyteeth.org</a> <a href="http://www.happyteeth.org/healthtips/infants_toddlers.htm">http://www.happyteeth.org/healthtips/infants_toddlers.htm</a>  Print page #2, Page #1 is <u>not</u> needed	Free Internet download	Tips on what you can do during the first year to make sure baby has healthy teeth.	Parents	English
<b><i>Stop the Spread of Tooth Decay</i></b>	California Department of Public Health – Oral Health <a href="http://www.cdph.ca.gov/programs/MCAHOralHealth/Pages/PublicationsandReports.aspx">http://www.cdph.ca.gov/programs/MCAHOralHealth/Pages/PublicationsandReports.aspx</a>  English <a href="http://www.cdph.ca.gov/programs/MCAHOralHealth/Documents/MO-OralHealthEng.pdf">http://www.cdph.ca.gov/programs/MCAHOralHealth/Documents/MO-OralHealthEng.pdf</a>  Spanish <a href="http://www.cdph.ca.gov/programs/MCAHOralHealth/Documents/MO-OralHealthSpanish.pdf">http://www.cdph.ca.gov/programs/MCAHOralHealth/Documents/MO-OralHealthSpanish.pdf</a>	Free Internet download	Simple steps to avoid the spread of tooth decay	Parents	English Spanish
<b><i>Healthy Teeth Begin at Birth</i></b>	First Smiles <a href="http://www.cdafoundation.org">www.cdafoundation.org</a> <a href="http://www.cdafoundation.org/Learn/EducationTraining/FirstSmiles.aspx">http://www.cdafoundation.org/Learn/EducationTraining/FirstSmiles.aspx</a>  In right hand menu click on Parent Education Tools. Click on Consumer brochures and download appropriate language flier.	Free Internet download	Brochure offers steps on taking care of baby teeth.	Parents	English Spanish and eight other languages

## GENERAL ORAL HEALTH

Title/ Number	Order Source	Price	Notes	Target	Available Languages
<b><i>A Healthy Mouth for Your Baby</i></b>	NICDR – National Institute of Dental Craniofacial Research <a href="http://www.nidcr.nih.gov/">http://www.nidcr.nih.gov/</a>  To order publications, click on <i>Oral Health</i> , and then click on <i>Order Publications</i> in English or Spanish. To print copies, click on <i>Oral Health</i> . Go to <i>Popular Publications</i> . Click on topic. Under <i>Options</i> click on desired printing method.	Free Internet download or order 50 brochures at no cost	What you can do during the first year to make sure a baby has healthy teeth.	Parents	English Spanish
<b><i>Prevent Tooth Decay in Babies and Toddlers</i></b>	California Department of Public Health – Oral Health <a href="http://www.cdph.ca.gov/programs/MCAHOralHealth/Pages/PublicationsandReports.aspx">http://www.cdph.ca.gov/programs/MCAHOralHealth/Pages/PublicationsandReports.aspx</a>  English <a href="http://www.cdph.ca.gov/programs/MCAHOralHealth/Documents/MO-OHP-PreventToothDecayinBabiesToddlers.pdf">http://www.cdph.ca.gov/programs/MCAHOralHealth/Documents/MO-OHP-PreventToothDecayinBabiesToddlers.pdf</a> Spanish <a href="http://www.cdph.ca.gov/programs/MCAHOralHealth/Documents/MO-OHP-PreventToothDecayinBabiesToddlersSpanish-8-16-11.pdf">http://www.cdph.ca.gov/programs/MCAHOralHealth/Documents/MO-OHP-PreventToothDecayinBabiesToddlersSpanish-8-16-11.pdf</a> Chinese <a href="http://www.cdph.ca.gov/programs/MCAHOralHealth/Documents/MO-OHP-PreventToothDecayinBabiesToddlersChinese-9-14-11.pdf">http://www.cdph.ca.gov/programs/MCAHOralHealth/Documents/MO-OHP-PreventToothDecayinBabiesToddlersChinese-9-14-11.pdf</a>	Free Internet download	Tips on what you can do to protect your baby's teeth.	Parents	English Spanish Chinese
<b><i>Steps to Healthy Teeth</i></b>	South Dakota Department of Health <a href="http://doh.sd.gov/oralHealth/Publications.aspx">http://doh.sd.gov/oralHealth/Publications.aspx</a> English <a href="https://apps.sd.gov/applications/PH18Publications/secure/Publications/teeth.pdf">https://apps.sd.gov/applications/PH18Publications/secure/Publications/teeth.pdf</a> Spanish <a href="http://doh.sd.gov/oralHealth/PDF/TeethEspanol.pdf">http://doh.sd.gov/oralHealth/PDF/TeethEspanol.pdf</a>	Free Internet download	Steps for healthy teeth for an infant up to 1 year and toddler 1 to 3 years.	Parents	English Spanish

## GENERAL ORAL HEALTH

Title/ Number	Order Source	Price	Notes	Target	Available Languages
<b><i>Every Child Needs a Dental Home</i></b>	<p>California Department of Public Health – Oral Health  <a href="http://www.cdph.ca.gov/programs/MCAHOralHealth/Pages/PublicationsandReports.aspx">http://www.cdph.ca.gov/programs/MCAHOralHealth/Pages/PublicationsandReports.aspx</a></p> <p>English  <a href="http://www.cdph.ca.gov/programs/MCAHOralHealth/Documents/MO-OHP-EveryChildNeedsHome-English.pdf">http://www.cdph.ca.gov/programs/MCAHOralHealth/Documents/MO-OHP-EveryChildNeedsHome-English.pdf</a></p> <p>Spanish  <a href="http://www.cdph.ca.gov/programs/MCAHOralHealth/Documents/MO-OHP-EveryChildNeedsHome-Spanish.pdf">http://www.cdph.ca.gov/programs/MCAHOralHealth/Documents/MO-OHP-EveryChildNeedsHome-Spanish.pdf</a></p> <p>Chinese  <a href="http://www.cdph.ca.gov/programs/MCAHOralHealth/Documents/MO-OHP-EveryChildNeedsHome-Chinese.pdf">http://www.cdph.ca.gov/programs/MCAHOralHealth/Documents/MO-OHP-EveryChildNeedsHome-Chinese.pdf</a></p> <p>Korean  <a href="http://www.cdph.ca.gov/programs/MCAHOralHealth/Documents/MO-OHP-EveryChildNeedsHome-Korean.pdf">http://www.cdph.ca.gov/programs/MCAHOralHealth/Documents/MO-OHP-EveryChildNeedsHome-Korean.pdf</a></p> <p>Hmong  <a href="http://www.cdph.ca.gov/programs/MCAHOralHealth/Documents/MO-OHP-EveryChildNeedsHome-Hmong.pdf">http://www.cdph.ca.gov/programs/MCAHOralHealth/Documents/MO-OHP-EveryChildNeedsHome-Hmong.pdf</a></p>	Free Internet download	Reasons to establish a dental home for your child.	Parents	English Spanish Chinese Korean Hmong
<b><i>Caring for Your Child's Teeth &amp; Gums</i></b>	<p>County of Los Angeles Public Health  <a href="http://www.lapublichealth.org">http://www.lapublichealth.org</a></p> <p>English  <a href="http://publichealth.lacounty.gov/cms/docs/Caring%20for%20Your%20Childs%20Teeth%20and%20Gums%20Eng.pdf">http://publichealth.lacounty.gov/cms/docs/Caring%20for%20Your%20Childs%20Teeth%20and%20Gums%20Eng.pdf</a></p> <p>Spanish  <a href="http://publichealth.lacounty.gov/cms/docs/Caring%20for%20Your%20Childs%20Teeth%20and%20Gums%20Span.pdf">http://publichealth.lacounty.gov/cms/docs/Caring%20for%20Your%20Childs%20Teeth%20and%20Gums%20Span.pdf</a></p>	Free Internet download	An oral health guide for parents and childcare givers.	Parents	English Spanish

## GENERAL ORAL HEALTH

Title/ Number	Order Source	Price	Notes	Target	Available Languages
<i>Dental Care for Your Baby</i>	American Academy of Pediatric Dentistry <a href="http://digital.ipcprintservices.com/publication/?m=17242&amp;l=1">http://digital.ipcprintservices.com/publication/?m=17242&amp;l=1</a>	Free Internet download	Questions & answers on dental care for babies.	Providers & Parents	English
<i>First Steps to a Healthy Smile</i>	American Academy of Pediatrics (AAP) <a href="http://www.healthychildren.org">http://www.healthychildren.org</a> <a href="http://www.healthychildren.org/english/healthy-living/oral-health/pages/First-Steps-to-a-Healthy-Smile.aspx">http://www.healthychildren.org/english/healthy-living/oral-health/pages/First-Steps-to-a-Healthy-Smile.aspx</a>	Free Internet download	Information on how to care for a child's teeth from birth to 24 months of age and beyond.	Providers & Parents	English
<i>A Healthy Smile for Your Baby</i>	National Maternal & Child Oral Health Resource Center <a href="http://www.mchoralhealth.org/materials/consumerbrochures.html">http://www.mchoralhealth.org/materials/consumerbrochures.html</a>  English <a href="http://www.mchoralhealth.org/pdfs/babybrochure.pdf">http://www.mchoralhealth.org/pdfs/babybrochure.pdf</a>  Spanish <a href="http://www.mchoralhealth.org/pdfs/babybrochure_sp.pdf">http://www.mchoralhealth.org/pdfs/babybrochure_sp.pdf</a>	Free Internet downloads or order 50 at no charge.	Information on how to ensure infants enjoys the best possible oral health.	Parents	English Spanish
<i>A Healthy Smile for Your Young Child</i>	National Maternal & Child Oral Health Resource Center <a href="http://www.mchoralhealth.org/materials/consumerbrochures.html">http://www.mchoralhealth.org/materials/consumerbrochures.html</a>  English <a href="http://www.mchoralhealth.org/pdfs/childbrochure.pdf">http://www.mchoralhealth.org/pdfs/childbrochure.pdf</a>  Spanish <a href="http://www.mchoralhealth.org/pdfs/childbrochure_sp.pdf">http://www.mchoralhealth.org/pdfs/childbrochure_sp.pdf</a>	Free Internet downloads or order 50 at no charge.	Information on how to ensure young children enjoys the best possible oral health.	Parents	English Spanish
<i>Keeping Your Child's Healthy Smile!</i>	USDA, Food and Nutrition Service <a href="http://www.fns.usda.gov/tn/resources/Nibbles/Nibbles_Newsletter_24.pdf">http://www.fns.usda.gov/tn/resources/Nibbles/Nibbles_Newsletter_24.pdf</a>	Free Internet download	Tips for parents on how to keep their child's healthy smile.	Parents	English

## GENERAL ORAL HEALTH

Title/ Number	Order Source	Price	Notes	Target	Available Languages
<b><i>Toothbrushing Is Important</i></b>	California Childcare Health Program (CCHP) <a href="http://www.ucsfchildcarehealth.org/">http://www.ucsfchildcarehealth.org/</a>  English <a href="http://www.ucsfchildcarehealth.org/pdfs/factsheets/ToothbrushCareEN050106.pdf">http://www.ucsfchildcarehealth.org/pdfs/factsheets/ToothbrushCareEN050106.pdf</a>  Spanish <a href="http://www.ucsfchildcarehealth.org/pdfs/factsheets/Toothbrushingsp101005.pdf">http://www.ucsfchildcarehealth.org/pdfs/factsheets/Toothbrushingsp101005.pdf</a>	Free Internet download	Brushing teeth removes plaque. Tips on how to keep the mouth clean and healthy.	Providers Parents	English Spanish
<b><i>Baby Teeth</i></b>	American Dental Association <a href="http://www.ada.org">www.ada.org</a>  <a href="http://www.ada.org/3084.aspx">http://www.ada.org/3084.aspx</a>	Free Internet download	An overview, the teething cycle, and information about early child dental care	Parents	English

**PREVENTIVE SERVICES**  
***(Fluoride Varnish and Dental Sealants)***

<b>Title/ Number</b>	<b>Order Source</b>	<b>Price</b>	<b>Notes</b>	<b>Target</b>	<b>Available Languages</b>
<b><i>Fluoride Varnish Helping Smiles Stay Strong</i></b>	CA Department of Public Health – Oral Health Program <a href="http://www.cdph.ca.gov/programs/MCAHOralHealth/Pages/PublicationsandReports.aspx">http://www.cdph.ca.gov/programs/MCAHOralHealth/Pages/PublicationsandReports.aspx</a>  English <a href="http://www.cdph.ca.gov/programs/MCAHOralHealth/Documents/MO-OHP-FluorideVarnish-English.pdf">http://www.cdph.ca.gov/programs/MCAHOralHealth/Documents/MO-OHP-FluorideVarnish-English.pdf</a>  Spanish <a href="http://www.cdph.ca.gov/programs/MCAHOralHealth/Documents/MO-OHP-FluorideVarnish-Spanish.pdf">http://www.cdph.ca.gov/programs/MCAHOralHealth/Documents/MO-OHP-FluorideVarnish-Spanish.pdf</a>  Chinese <a href="http://www.cdph.ca.gov/programs/MCAHOralHealth/Documents/MO-OHP-FluorideVarnish-Chinese.pdf">http://www.cdph.ca.gov/programs/MCAHOralHealth/Documents/MO-OHP-FluorideVarnish-Chinese.pdf</a>  Korean <a href="http://www.cdph.ca.gov/programs/MCAHOralHealth/Documents/MO-OHP-FluorideVarnish-Korean.pdf">http://www.cdph.ca.gov/programs/MCAHOralHealth/Documents/MO-OHP-FluorideVarnish-Korean.pdf</a>  Hmong <a href="http://www.cdph.ca.gov/programs/MCAHOralHealth/Documents/MO-OHP-FluorideVarnish-Hmong.pdf">http://www.cdph.ca.gov/programs/MCAHOralHealth/Documents/MO-OHP-FluorideVarnish-Hmong.pdf</a>	Free internet download	Information on fluoride varnish.	Parents	English Spanish Chinese Korean Hmong
<b><i>Fluoride Varnish For Your Child's Teeth</i></b>	Central District Health Department, Boise, Idaho <a href="http://cdhd.idaho.gov/pdfs/chec/fluoride.pdf">http://cdhd.idaho.gov/pdfs/chec/fluoride.pdf</a>  Print page 2 only.	Free internet download	Answers questions on fluoride varnish.	Parents	English
<b><i>Fluoride Varnish An Alternative to Traditional Topical Fluoride Therapy</i></b>	Southeastern District Health Department, Idaho <a href="http://www.iusd.iupui.edu/SealIndiana_Site/_documents/Fluoride_Varnish_Brochure.pdf">http://www.iusd.iupui.edu/SealIndiana_Site/_documents/Fluoride_Varnish_Brochure.pdf</a>	Free internet download	Provides information on oral health & fluoride varnish.	Providers	English

**PREVENTIVE SERVICES**  
**(Fluoride Varnish and Dental Sealants)**

<b>Title/ Number</b>	<b>Order Source</b>	<b>Price</b>	<b>Notes</b>	<b>Target</b>	<b>Available Languages</b>
<b><i>Put a Seal on Dental Decay</i></b>	Pennsylvania Department of Health <a href="http://www.dsf.health.state.pa.us/health/lib/health/DentalSealantsBrochure20080514.pdf">http://www.dsf.health.state.pa.us/health/lib/health/DentalSealantsBrochure20080514.pdf</a>	Free internet download	A parent's guide about sealants.	Parents	English
<b><i>Seal Out Tooth Decay</i></b>	National Institute of Dental and Craniofacial Research <a href="http://www.nidcr.nih.gov/OralHealth/Topics/ToothDecay?SealOutToothDecay.htm">http://www.nidcr.nih.gov/OralHealth/Topics/ToothDecay?SealOutToothDecay.htm</a>  English <a href="http://www.nidcr.nih.gov/NR/rdonlyres/B0AE6A7A-6BC5-4050-902D-DD395F30D02B/0/Sealants_Eng.pdf">http://www.nidcr.nih.gov/NR/rdonlyres/B0AE6A7A-6BC5-4050-902D-DD395F30D02B/0/Sealants_Eng.pdf</a>  Spanish <a href="http://www.nidcr.nih.gov/NR/rdonlyres/E814DF4C-8809-47A0-9A91-9512D839A776/0/Sealants_Sp.pdf">http://www.nidcr.nih.gov/NR/rdonlyres/E814DF4C-8809-47A0-9A91-9512D839A776/0/Sealants_Sp.pdf</a>	Free internet download or order online(50 free)	The facts on sealants.	Parents	English Spanish
<b><i>Sealants</i></b>	American Academy of Pediatric Dentistry <a href="http://digital.ipcprintservices.com/publication/?m=17250&amp;l=1">http://digital.ipcprintservices.com/publication/?m=17250&amp;l=1</a>	Free internet download	Questions and answers on sealants.	Providers	English

## DIET and NUTRITION

Title/ Number	Order Source	Price	Notes	Target	Available Languages
<b>High-Sugar Infancy Can Mean Adult Sugar Dependency</b>	Academy of General Dentistry (AGD) <a href="http://www.agd.org/support/articles/?ArtID=1280">http://www.agd.org/support/articles/?ArtID=1280</a>	Free Internet download	Flyer discusses the use of sweetened drinks in infancy and the consumption of sugar snacks later in life.	Providers	English
<b>Eat Right for Healthy Teeth</b>	Delta Dental Oral Health and Wellness <a href="http://oralhealth.deltadental.com/Search/22,Delta56">http://oralhealth.deltadental.com/Search/22,Delta56</a>	Free Internet download	Tips on how to keep your child's teeth in tip-top condition.	Parents	English
<b>Diet and Snacking</b>	American Academy of Pediatric Dentistry <a href="http://digital.ipcprintservices.com/publication/?m=17243&amp;l=1">http://digital.ipcprintservices.com/publication/?m=17243&amp;l=1</a>	Free Internet download	Questions and answers on how diet can affect dental health.	Parents	English
<b>Quenching Thirst: Healthy Drink Choices for Young Children</b>	California Childcare Health Program <a href="http://www.ucsfchildcarehealth.org/html/pandr/factsheets/main.htm">http://www.ucsfchildcarehealth.org/html/pandr/factsheets/main.htm</a> English <a href="http://www.ucsfchildcarehealth.org/pdfs/factsheets/Thirst_EN_051707.pdf">http://www.ucsfchildcarehealth.org/pdfs/factsheets/Thirst_EN_051707.pdf</a> Spanish <a href="http://www.ucsfchildcarehealth.org/pdfs/factsheets/Thirst_SP_091807.pdf">http://www.ucsfchildcarehealth.org/pdfs/factsheets/Thirst_SP_091807.pdf</a>	Free Internet download	Choosing healthy drinks is important. Unhealthy drinks can lead to childhood obesity, dental decay and anemia.	Parents	English Spanish
<b>The Hazards of "Sippy Cups"</b>	South Dakota Department of Health <a href="https://apps.sd.gov/applications/PH18Publications/secure/Publications/OH-007-TheHazardsofSippyCups.pdf">https://apps.sd.gov/applications/PH18Publications/secure/Publications/OH-007-TheHazardsofSippyCups.pdf</a> In left hand menu click on <i>Oral Health</i> . Scroll down and click on <i>The Hazards of Sippy Cups print preview</i> . Click on printer icon. Choose to print only pages 1 & 2. Click print.	Free Internet download	Makes a double-sided single page handout. Sippy cups are not a needed step in your child's development.	Parents	English

## DIET and NUTRITION

Title/ Number	Order Source	Price	Notes	Target	Available Languages
<b><i>From baby bottle to cup. Choose training cups carefully, use them temporarily</i></b>	American Dental Association <a href="http://www.ada.org/sections/scienceAndResearch/pdfs/patient_36.pdf">http://www.ada.org/sections/scienceAndResearch/pdfs/patient_36.pdf</a>	Free Internet download	As you make the change from baby bottle to training cup, keep the following tips in mind.	Provider Parent	English
<b><i>Preventing Baby Bottle Tooth Decay Or Early Childhood Caries</i></b>	California Childcare Health Program <a href="http://www.ucsfchildcarehealth.org">www.ucsfchildcarehealth.org</a>  English <a href="http://www.ucsfchildcarehealth.org/pdfs/posters/oral_health/CariesPoster_v2.pdf">http://www.ucsfchildcarehealth.org/pdfs/posters/oral_health/CariesPoster_v2.pdf</a>  Spanish <a href="http://www.ucsfchildcarehealth.org/pdfs/posters/oral_health_sp/CariesPoster_SP.pdf">http://www.ucsfchildcarehealth.org/pdfs/posters/oral_health_sp/CariesPoster_SP.pdf</a>	Free Internet download	Flier offers tips on preventing baby bottle tooth decay or early childhood caries.	Parents	English Spanish
<b><i>Happy and Healthy Celebrations</i></b>	Share the Care <a href="http://www.sharethecaredental.org">www.sharethecaredental.org</a>  English <a href="http://www.sharethecaredental.org/website/resources/celebration07.pdf">http://www.sharethecaredental.org/website/resources/celebration07.pdf</a>  Spanish <a href="http://www.sharethecaredental.org/website/resources/celebration07span.pdf">http://www.sharethecaredental.org/website/resources/celebration07span.pdf</a>	Free Internet download	Brochure offers ideas to make your child's party special without too many sweet snacks.	Parents	English Spanish
<b><i>SNACKS for Happy Smiles and Healthy Bodies</i></b>	Share the Care <a href="http://www.sharethecaredental.org">www.sharethecaredental.org</a>  <a href="http://www.sharethecaredental.org/website/resources/nutrition.html">http://www.sharethecaredental.org/website/resources/nutrition.html</a>  Scroll down and click on <i>Snacks For Healthy Smiles and Healthy Bodies</i>	Free Internet download	Flier list healthy snack ideas.	Parents	English Spanish

## DIET and NUTRITION

Title/ Number	Order Source	Price	Notes	Target	Available Languages
<p><b><i>Give Your Child "Teeth Healthy" Drinks</i></b></p>	<p style="text-align: center;">Kansas Head Start Association  <a href="http://www.ksheadstart.org/">http://www.ksheadstart.org/</a>  <a href="http://www.ksheadstart.org/pdfs/Beverages%20and%20Tooth%20Decay.pdf">http://www.ksheadstart.org/pdfs/Beverages%20and%20Tooth%20Decay.pdf</a>                      For English print only pg 1, for Spanish print page 2.</p>	<p style="text-align: center;">Free Internet download</p>	<p>Double-sided flier gives parents tips on choosing the right container and liquid for their child.</p>	<p style="text-align: center;">Parents</p>	<p style="text-align: center;">English Spanish</p>

**ORAL HABITS**  
**(Thumb, Finger and Pacifier, Teething, Bruxism)**

Title/ Number	Order Source	Price	Notes	Target	Available Languages
<b>Thumb, Finger and Pacifier Habits</b>	American Academy of Pediatric Dentistry <a href="http://digital.ipcprintservices.com/publication/?m=17255&amp;l=1">http://digital.ipcprintservices.com/publication/?m=17255&amp;l=1</a>	Free Internet download	Questions & answers on child's sucking habits.	Parents	English
<b>Thumb, Finger or Pacifier Sucking</b>	California Childcare Health Program <a href="http://www.ucsfchildcarehealth.org/">http://www.ucsfchildcarehealth.org/</a>  English <a href="http://www.ucsfchildcarehealth.org/pdfs/healthandsafety/humbsen1105_adr.pdf">http://www.ucsfchildcarehealth.org/pdfs/healthandsafety/humbsen1105_adr.pdf</a>  Spanish <a href="http://www.ucsfchildcarehealth.org/pdfs/healthandsafety/humbssp071807_adr.pdf">http://www.ucsfchildcarehealth.org/pdfs/healthandsafety/humbssp071807_adr.pdf</a>	Free Internet download	Information on thumb and finger sucking. Tips for safe use of pacifiers.	Providers Parents (high reading level)	English Spanish
<b>Teething Tots</b>	KidsHealth <a href="http://kidshealth.org/">http://kidshealth.org/</a>  English <a href="http://kidshealth.org/parent/general/teeth/teething.html">http://kidshealth.org/parent/general/teeth/teething.html</a>  Spanish <a href="http://kidshealth.org/parent/en_espanol/padres/teething_esp.html">http://kidshealth.org/parent/en_espanol/padres/teething_esp.html</a>	Free Internet download	What to expect when your child is teething.	Parents	English Spanish
<b>Teething</b>	California Childcare Health Program <a href="http://www.ucsfchildcarehealth.org/">http://www.ucsfchildcarehealth.org/</a>  English <a href="http://www.ucsfchildcarehealth.org/pdfs/factsheets/teething1105.pdf">http://www.ucsfchildcarehealth.org/pdfs/factsheets/teething1105.pdf</a>  Spanish <a href="http://www.ucsfchildcarehealth.org/pdfs/factsheets/TeethingSP013106.pdf">http://www.ucsfchildcarehealth.org/pdfs/factsheets/TeethingSP013106.pdf</a>	Free Internet download	Fact sheet reviews the process of teething.	Parents (high reading level)	English Spanish

**ORAL HABITS**  
**(Thumb, Finger and Pacifier, Teething, Bruxism)**

<b>Title/ Number</b>	<b>Order Source</b>	<b>Price</b>	<b>Notes</b>	<b>Target</b>	<b>Available Languages</b>
<b>Infant &amp; Toddler Oral Health: Teething</b>	Maryland Department of Health and Mental Hygiene Office of Oral Health <a href="http://fha.dhmh.maryland.gov/oralhealth">http://fha.dhmh.maryland.gov/oralhealth</a>  <a href="http://fha.dhmh.maryland.gov/oralhealth/docs1/fact_sheets/Infant_and_Toddler_OH-teething.pdf">http://fha.dhmh.maryland.gov/oralhealth/docs1/fact_sheets/Infant_and_Toddler_OH-teething.pdf</a>	Free Internet download	Fact sheet for parents on infant and toddler teething.	Parents	English
<b>Bruxism (Teeth Grinding or Clenching)</b>	KidsHealth <a href="http://kidshealth.org/">http://kidshealth.org/</a>  <a href="http://kidshealth.org/parent/general/sleep/bruxism.html">http://kidshealth.org/parent/general/sleep/bruxism.html</a>	Free Internet download	Info on Bruxism, the causes, effects, diagnosing, and treating it.	Providers Parents	English

## DENTAL EMERGENCIES

Title/ Number	Order Source	Price	Notes	Target	Available Languages
<b><i>Tooth Injuries</i></b>	KidsHealth <a href="http://kidshealth.org/">http://kidshealth.org/</a>  English <a href="http://kidshealth.org/parent/firstaid_safe/emergencies/tooth_injury.html">http://kidshealth.org/parent/firstaid_safe/emergencies/tooth_injury.html</a>  Spanish <a href="http://kidshealth.org/parent/en_espanol/general/tooth_injury_esp.html">http://kidshealth.org/parent/en_espanol/general/tooth_injury_esp.html</a>	Free Internet download	Information on how to treat a baby or toddler's injured gums or teeth, along with information on what to do with a permanent tooth injury.	Parents	English Spanish
<b><i>Dental Injuries</i></b>	KidsHealth <a href="http://kidshealth.org/">http://kidshealth.org/</a>  <a href="http://kidshealth.org/parent/fitness/safety/tooth_sheet.html">http://kidshealth.org/parent/fitness/safety/tooth_sheet.html</a>	Free Internet download	Flier gives tips on what to do when a child has a dental injury.	Parents	English
<b><i>Emergency Care</i></b>	American Academy of Pediatric Dentistry <a href="http://www.aapd.org/">http://www.aapd.org/</a>  <a href="http://www.aapd.org/publications/brochures/ecare.asp">http://www.aapd.org/publications/brochures/ecare.asp</a>	Free Internet download	Questions and answers on when your child needs urgent dental treatment.	Parents	English

## SEDATION

Title/ Number	Order Source	Price	Notes	Target	Available Languages
<b><i>Sedation</i></b>	American Academy of Pediatric Dentistry <a href="http://www.aapd.org/">http://www.aapd.org/</a> <a href="http://www.aapd.org/publications/brochures/sedation.asp">http://www.aapd.org/publications/brochures/sedation.asp</a>	Free Internet download	Questions and answers on sedation for dental treatment.	Providers	English
<b><i>Nitrous Oxide</i></b>	American Academy of Pediatric Dentistry <a href="http://www.aapd.org/">http://www.aapd.org/</a> <a href="http://www.aapd.org/publications/brochures/nitrous.asp">http://www.aapd.org/publications/brochures/nitrous.asp</a>	Free Internet download	Information on using nitrous oxide on young children during dental treatment.	Providers Parents (high reading level)	English
<b><i>Calming the Anxious Child</i></b>	American Academy of Pediatric Dentistry <a href="http://www.aapd.org/">http://www.aapd.org/</a> <a href="http://www.aapd.org/publications/brochures/calming.asp">http://www.aapd.org/publications/brochures/calming.asp</a>	Free Internet download	Information on how a dental office can help with dental anxiety with young children.	Providers	English

## SPECIAL NEEDS

Title/ Number	Order Source	Price	Notes	Target	Available Languages
<b>Oral Health for Children with Special Needs</b>	Tricare Dental Program <a href="http://www.tricare dental program.com/tdptws/home.jsp">http://www.tricare dental program.com/tdptws/home.jsp</a>  <a href="http://www.tricare dental program.com/tdpforms/SpecialNeedsBrochure.pdf">http://www.tricare dental program.com/tdpforms/SpecialNeedsBrochure.pdf</a>	Free Internet download	Brochure gives helpful hints on oral health care at home for children with developmental disabilities.	Parents	English
<b>Visiting the Dentist Children with Special Health Care Needs</b>	Department of Dental Health Virginia Department of Health <a href="http://www.vahealth.org/dental">http://www.vahealth.org/dental</a>  English <a href="http://www.vahealth.org/dental/ChildrenwithSpecialHealthCare/documents/pdf/Visiting%20the%20Dentist%20for%20Children%20With%20Special%20Health%20Care%20Needs.pdf">http://www.vahealth.org/dental/ChildrenwithSpecialHealthCare/documents/pdf/Visiting%20the%20Dentist%20for%20Children%20With%20Special%20Health%20Care%20Needs.pdf</a>  Spanish <a href="http://www.vahealth.org/dental/ChildrenwithSpecialHealthCare/documents/2010/pdf/Visiting_the_Dentist_for_CS_HCN_VDH_Spanish.pdf">http://www.vahealth.org/dental/ChildrenwithSpecialHealthCare/documents/2010/pdf/Visiting_the_Dentist_for_CS_HCN_VDH_Spanish.pdf</a>	Free Internet download	Tips on visiting the dentist for children with special needs.	Parents	English
<b>Special Toothbrushes For Children With Special Needs</b>	CA Childcare Health Program <a href="http://www.ucsfchildcarehealth.org">http://www.ucsfchildcarehealth.org</a>  English <a href="http://www.ucsfchildcarehealth.org/pdfs/posters/oral_health/SpecialBrushes_v2.pdf">http://www.ucsfchildcarehealth.org/pdfs/posters/oral_health/SpecialBrushes_v2.pdf</a>  Spanish <a href="http://www.ucsfchildcarehealth.org/pdfs/posters/oral_health_sp/SpecialBrushes_SP.pdf">http://www.ucsfchildcarehealth.org/pdfs/posters/oral_health_sp/SpecialBrushes_SP.pdf</a>	Free Internet download	Flier gives suggestions on adaptive toothbrushes available to meet the child's needs.	Parents	English Spanish

## SPECIAL NEEDS

Title/ Number	Order Source	Price	Notes	Target	Available Languages
<b><i>A Healthy Mouth for Children with Special Health Care Needs</i></b>	Department of Dental Health Virginia Department of Health <a href="http://www.vahealth.org/dental/">www.vahealth.org/dental/</a>  English <a href="http://www.vahealth.org/dental/ChildrenwithSpecialHealthCare/documents/pdf/A%20Healthy%20Mouth%20for%20Children%20With%20Special%20Health%20Care%20Needs.pdf">http://www.vahealth.org/dental/ChildrenwithSpecialHealthCare/documents/pdf/A%20Healthy%20Mouth%20for%20Children%20With%20Special%20Health%20Care%20Needs.pdf</a>  Spanish <a href="http://www.vahealth.org/dental/ChildrenwithSpecialHealthCare/documents/2010/pdf/A_Healthy_Mouth_for_CSH_CN_VDH_Spanish.pdf">http://www.vahealth.org/dental/ChildrenwithSpecialHealthCare/documents/2010/pdf/A_Healthy_Mouth_for_CSH_CN_VDH_Spanish.pdf</a>	Free Internet download	Brochure offers a guide for parents on a healthy mouth for their child with special health care needs.	Parents	English Spanish
<b><i>Oral Health Care Tips for Children with Special Health Care Needs</i></b>	Department of Dental Health Virginia Department of Health <a href="http://www.vahealth.org/dental/">www.vahealth.org/dental/</a>  <a href="http://www.vahealth.org/dental/ChildrenwithSpecialHealthCare/documents/pdf/Oral%20Health%20Care%20Tips%20for%20Children%20With%20Special%20Health%20Care%20Needs.pdf">http://www.vahealth.org/dental/ChildrenwithSpecialHealthCare/documents/pdf/Oral%20Health%20Care%20Tips%20for%20Children%20With%20Special%20Health%20Care%20Needs.pdf</a>	Free Internet download	Two pages of information on oral health care tips for parents.	Parents	English
<b><i>Dental Care for Special Child</i></b>	American Academy of Pediatric Dentistry <a href="http://www.aapd.org/">http://www.aapd.org/</a>	Free Internet download	Information for parents of how to prevent dental problems for a special child.	Parents	English

## SPECIAL NEEDS

Title/ Number	Order Source	Price	Notes	Target	Available Languages
<b>Oral Health for Children with Disabilities and Special Needs</b>	<p style="text-align: center;">Department of Dental Health Virginia Department of Health <a href="http://www.ucsfchildcarehealth.org">http://www.ucsfchildcarehealth.org</a></p> <p>English <a href="http://www.ucsfchildcarehealth.org/pdfs/healthandsafety/OralHlthSpNeedsEN103006_adr.pdf">http://www.ucsfchildcarehealth.org/pdfs/healthandsafety/OralHlthSpNeedsEN103006_adr.pdf</a></p> <p>Spanish <a href="http://www.ucsfchildcarehealth.org/pdfs/healthandsafety/OralHlthSpNeedsSP071807_adr.pdf">http://www.ucsfchildcarehealth.org/pdfs/healthandsafety/OralHlthSpNeedsSP071807_adr.pdf</a></p>	<p style="text-align: center;">Free Internet download</p>	<p>Information sheet discusses oral health problems in children with disabilities and what parents can do to prevent problems.</p>	<p>Providers Parents (high reading level)</p>	<p>English Spanish</p>
<b>Oral Hygiene Guidelines Preventing Dental Disease in People with Special Health Care Needs</b>	<p style="text-align: center;">Washington State Department of Social and Health Services <a href="http://www.dshs.wa.gov/">http://www.dshs.wa.gov/</a> <a href="http://www.dshs.wa.gov/pdf/Publications/22-335.pdf">http://www.dshs.wa.gov/pdf/Publications/22-335.pdf</a></p>	<p style="text-align: center;">Free Internet download</p>	<p>The 20 page training guidelines are intended to support individuals, families, and caregivers in improving the oral health of children and adults with developmental disabilities.</p>	<p>Providers Parents (high reading level)</p>	<p>English</p>
<b>Oral Conditions in Children with Special Needs: A Guide for Health Care Providers</b>	<p style="text-align: center;">National Institute of Dental and Craniofacial Research <a href="http://www.nidcr.nih.gov/EducationalResources/">http://www.nidcr.nih.gov/EducationalResources/</a> <a href="http://www.nidcr.nih.gov/OralHealth/OralHealthInformation/ChildrensOralHealth/OralConditionsChildrenSpecialNeeds.htm">http://www.nidcr.nih.gov/OralHealth/OralHealthInformation/ChildrensOralHealth/OralConditionsChildrenSpecialNeeds.htm</a></p>	<p style="text-align: center;">Free Internet download</p>	<p>A brief guide that shows with photos of oral conditions in children with special needs.</p>	<p>Providers</p>	<p>English</p>