

# Reflections – Infant & Toddler

## Online Training Activities

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The online Oral Health for Infants training module covered the tooth decay process and how to prevent cavities in children. Experience and practice of oral health discussions with families are effective skill development strategies.

This activity will allow you to reflect on what you have learned and practice what you might do or say in the following three scenarios. There are no single correct responses to each scenario.

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### ACTIVITY ONE – Case Study

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*A 2 year old child in your caseload has sixteen of her primary teeth. She has yet to grow the last four primary molars into her mouth. As you look into her mouth, you see at least eight large cavities.*

Ask yourself or discuss in a group the following questions:

1. What are some possible reasons this child has severe tooth decay?
2. What questions might you ask of the parent to determine if the child needs a dental referral or case management?
3. How might you approach or what questions might you ask to guide the parent in the understanding of the child's oral disease?
4. What questions might you ask to help the parent follow through with the needed dental care?
5. What is the likelihood that the child will develop tooth decay in the last four primary molars if there are no changes in diet, fluoride exposure or oral hygiene? Why?

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## ACTIVITY TWO – Knowledge Application

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Multiple oral health messages delivered throughout the year enable a family to see how oral health fits into their daily lives and routines. This activity aids in the discovery of other opportunities to reinforce healthy oral health habits. Unhealthy habits or lack of routine (misuse of sippy training cups, excessive juice consumption, etc.) may be factors in a family's challenges with raising a child.

*In the following family situations consider:*

- *What oral health related **habit** may be contributing to each of the following three family challenges?*
  - *What oral health related **strategies** might you include when helping a family overcome each of these challenges?*
1. Family has been unsuccessful with potty training or the child is consistently soaking through their diapers. (consider – oral health related habit, your strategy options)
  2. Child is not eating food at mealtimes. (consider – oral health related habit, your strategy options)
  3. Family cannot effectively brush their child's teeth. (consider – oral health related habit, your strategy options)
  4. Family is having difficulty establishing a regular bedtime for the child. (consider – oral health related habit, your strategy options)

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## ACTIVITY THREE – Oral Health Conversations

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*You are discussing oral health with a family of a child with several decayed teeth. The parent has asked for more information on why frequent snacking is a reason her child has cavities. How might you use the example of two cookies to illustrate acid attacks and the understanding of the effects of frequent carbohydrate and sugar consumption?*