Healthy Teeth, Healthy Smiles
Bulletin Board
PB-000-08

Bulletin Board and Self-Paced Interactive Lesson Cover Sheet

- You must include all components of the display to have a complete lesson. All components can also be downloaded and printed as low-resolution, modular components under the lesson plan for PB-000-08 at http://www.dshs.state.tx.us/wichd/nut/splessons-nut.shtm.
    - Included in package (Stock no. 13-06-13959)
        - Title (English and Spanish)
        - 6 key messages (English and Spanish)
        - 6 photos corresponding to key messages
        - 2 labels for affixing to pockets
        - Arrows
    - Not included in package
        - Handout "Common Infant and Childhood Problems – Tooth Decay" – order from WIC catalog (Stock #13-126, Spanish #13-126A) or download and print at http://www.dshs.state.tx.us/wichd/nut/splessons-nut.shtm.
        - Client lesson evaluation questions (download and print at http://www.dshs.state.tx.us/wichd/nut/splessons-nut.shtm.)
        - 2 pockets –for holding the handouts in English and Spanish

- A sample layout is provided at http://www.dshs.state.tx.us/wichd/nut/splessons-nut.shtm.
- You must have participants complete and return the *Healthy Teeth, Healthy Smiles* lesson evaluation questions. Please review these questions with participants before issuing class credit.
- To order an additional package of bulletin board display materials while supplies last, use stock no. 13-06-13959. You cannot order these pieces separately.

Healthy Teeth, Healthy Smiles

Dientes sanos, sonrisas sanas

What is tooth decay?

- Tooth decay (cavity) happens when a tooth breaks down, loses strength, and may become discolored.
- Germs, sugary foods and drinks, and poor tooth care can lead to tooth decay.

¿Qué son las caries?

- Las caries ocurren cuando un diente empieza a descomponerse, pierde fuerza y quizás cambie de color.
- Los microbios, alimentos y bebidas azucaradas y la mala higiene dental pueden llevar a las caries.

Tooth decay is preventable!

- Brush and floss teeth daily.
- Visit the dentist regularly.
- Eat a healthy diet.

¡Las caries se pueden prevenir!

- Cepillese los dientes y use hilo dental todos los días.
- Vaya al dentista periódicamente.
- Coma una dieta saludable.

Follow a good daily oral hygiene routine.

- Brush teeth 2 times a day for 2 minutes with a soft bristled toothbrush.
- Clean baby's gums and teeth daily with a soft, wet cloth or soft bristled infant toothbrush.
- Floss teeth daily once teeth touch each other.

Siga una buena rutina de higiene bucal todos los días.

- Cepillese los dientes 2 veces al día por 2 minutos con un cepillo de cerdas suaves.
- Limpie las encías y los dientes del bebé todos los días con un paño suave y mojado o con un cepillo de dientes para bebé de cerdas suaves.
- Pásele el hilo dental todos los días cuando los dientes empiecen a tener contacto entre sí.

Regular dental visits will help keep teeth healthy and clean.

- Children should visit the dentist for the first time by 6 months of age.
- Regular dental appointments during pregnancy reduces risk of pre-term births and low birth weight infants.

Las citas periódicas al dentista ayudarán a mantener los dientes sanos y limpios.

- Los niños deben ir al dentista por primera vez al cumplir 6 meses.
- Las citas periódicas al dentista durante el embarazo reducen el riesgo de tener un bebé prematuro o con bajo peso al nacer.

Eat a diet rich in calcium and fiber and choose water to drink.

- Calcium-rich foods and drinks like milk, yogurt, and cheese strengthen your teeth.
- Fiber-rich foods like fruits and vegetables help strengthen and clean your teeth.
- Water is a healthy drink that does not lead to tooth decay.
- Brush teeth after all meals and snacks.

Coma una dieta rica en calcio y fibra y tome agua.

- Los alimentos y bebidas ricos en calcio, como la leche, el yogur y el queso, fortalecen los dientes.
- Los alimentos ricos en fibra, como las frutas y verduras, ayudan a fortalecer y limpiar los dientes.
- El agua es una bebida saludable que no causa caries.
- Cepillese los dientes después de cada comida y bocadillo.

Limit sugary, sticky, chewy, and acidic foods.

- Foods that are high in sugar, sticky, and chewy can stick to your teeth and lead to tooth decay.

Limite alimentos azucarados, pegajosos, masticables y ácidos.

- Los alimentos que tienen un alto contenido de azúcar o que son pegajosos y masticables se pueden pegar a los dientes y causar caries.

Take One

Tome uno