

# TIME CAPSULE

CLIENT	BEHAVIORS	TOOLS
Parents of infants and toddlers	Brush teeth, wipe gums and offer water instead of soda	Time capsule and time Capsule cards Client Gift: Dental stickers

## TOOLS



## OPENING ACTIVITY

Place time capsule on table. Make time capsule cards and pens available to everyone.

*“Think back to a year ago and what your baby (child) looked like. Next, think about what she/he looks like today. Now, fast-forward 30 years and imagine what you want your child to look like. Write on the time capsule cards what you want your child to look like as a young adult.”*

Allow time for parent to complete time capsule cards. Collect cards and put them in the time capsule. Take out cards and read them to the group.

*“We all have hopes and dreams about what our child will look and be like. We want our children to have beautiful smiles, but no one (OR: only a few) mentioned strong and powerful teeth. It’s easy to assume that teeth will last a lifetime. Good news: teeth can remain strong and powerful for a lifetime when parents give their children certain gifts. What you do today ensures your child’s future smile.”*

Listen to client comments. Discuss dental health behavior changes.

*“What are you already doing today—even with your infants—to help ensure healthy teeth for a lifetime?”*

Listen to responses.

Discuss simple teeth-saving ways parents can give their children a smile that lasts a lifetime.

- **Infants:** Wipe your baby’s teeth and gums until his or her first birthday. Very early on, get your children accustomed to having something in their mouths.
- **Age 1 and older:** Brush child’s teeth with them until the age of 6 to 8 years. Just as children can’t write well at an early age, they also can’t brush well enough to prevent cavities. Brush at least twice a day.
- **All ages, including role models like parents:** Get children into the habit of drinking water instead of soda.

*“What are some strategies or ‘tricks’ for getting children to drink water instead of soda, even at restaurants?”*

**Note:** If they do drink soda, minimize damage to teeth by having them sip it with a straw, and encourage them to drink or rinse mouth with water immediately afterward.

- **All ages:** Minimize the sugar in your diet, especially hard candies and other sweets that leave a residue on your teeth and wear away at the enamel.
- **Infants with at least one tooth and all ages after age 1:** Take your child to the dentist twice a year.

Offer dental stickers.

## ACTION PLAN

*“What’s one thing you can do this week to give your child a confident, healthy smile? Please take a few stickers. Your child will love the stickers, and you’ll love knowing you are giving them a gift that will last a lifetime.”*