

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.”