

ECHO Script

Emergency and Community Health Outreach



Script, FINAL (D5)
May 22, 2009

ECHO Show "Dental Care for Children"

-1- Shots of infants and parents.

Baby teeth are important. Most children begin life with healthy teeth. Teeth play a critical role in your child's healthy development. There are some important things we can do to keep teeth healthy so that children grow up with healthy adult teeth. When you teach children how to take care of their teeth, they are more likely to continue these habits as adults.

Model healthy habits for your children. Brush your teeth every day. Eat healthy foods, and limit sugar. Visit your dentist regularly. If you need help finding find a dentist or if you don't have insurance, dental care is still available to you.

[Word Count: 105]

-2- Shots of a parent showing a child how to brush, encouraging them to spit, etc. Shots of an adult flossing, then showing a child how to floss.

Brushing and flossing teeth is the recommended method of cleaning teeth in the American culture. Some cultures have other ways to clean teeth. Proper brushing is essential for healthy teeth. Your dentist can tell you about how to clean your child's teeth and when to begin using toothpaste with fluoride. Fluoride can help prevent tooth decay.

Before baby teeth appear, wipe the baby's gums with a soft cloth or gauze and water. When the first tooth comes in, begin brushing with a soft-bristle, child-sized toothbrush. Help your child learn to brush using gentle, massaging action in small circular strokes. Encourage your child to brush for two minutes each time, and to brush all the surfaces of each tooth. When your child can spit, use a pea-sized amount of toothpaste.

Brush and floss your child's teeth until they can do it on their own, around age 10. To floss properly, wind floss around one finger on each hand. Glide the floss between teeth. Gently rub the sides of the tooth, curving around the tooth at the gum line.

It's important to clean teeth thoroughly, at least one time a day. The most important time to clean teeth is before bedtime.

[Word Count: 199]

-3- Shots of unhealthy foods versus healthy foods. Shot of a child making a good choice.

Tooth decay is an infection that happens when bacteria in the mouth convert sugar into acid. Acids damage teeth. To help prevent tooth decay, limit starchy or sugary foods and drinks. Never allow your child to fall asleep with a bottle filled with milk, juice or sugary liquid. Help your child choose healthy snacks, like fresh fruits, raw vegetables, whole grains, dairy products, meat and nuts.

[Word Count: 66]

-4- Shot of a parent/child entering a dentist's office. Shots of a dental exam for a child.

Your child should visit the dentist once a year, or as often as the dentist recommends. A dentist will examine your child's teeth, checking for proper development and dental problems. Your dentist will determine if your child needs further services like cleanings, fluoride and x-rays. Schedule an appointment with dentist when the child's teeth first appear or by the child's first birthday.

[Word Count: 62]

-5- Shots of a parent standing at the reception desk talking with the staff.

Even if you don't have health insurance, dental care is available. In most areas, there are programs that offer affordable dental care.

Remember, healthy baby teeth start with parent's role modeling good dental care. Brush your teeth every day. Eat healthy foods, and limit sugar. Visit your dentist regularly. If you need to find a dentist or if you don't have insurance, dental care is still available.

[Word Count: 67]

Total Word Count: 499