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## A Practical Dental Health Educational Program (1940)

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A PRACTICAL DENTAL HEALTH  
EDUCATIONAL PROGRAM

BUREAU OF PUBLIC RELATIONS  
AMERICAN DENTAL ASSOCIATION  
212 E. Superior St., Chicago, Ill.

## A PRACTICAL DENTAL HEALTH EDUCATIONAL PROGRAM

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**B**ECAUSE of the numerous requests received by the Bureau of Public Relations from educators, public health nurses and dentists for an outline for teaching dental health, the following has been developed.

In presenting this outline, it is not presumed that it is the only procedure that can be followed. Many communities have well developed and highly successful dental health programs.

This outline is based on dental educational material that can be secured from the Bureau of Public Relations of the American Dental Association.

### REASONS FOR ESTABLISHING A DENTAL HEALTH EDUCATIONAL PROGRAM

It is not necessary to elaborate on the need of a school dental health educational program. Dental decay is one of the most prevalent, if not *the* most prevalent of childhood diseases. Over 90 per cent of American children suffer from oral defects.

Dental disease and its serious sequelae can and frequently do injure the child's health, retard his school progress, cause him unnecessary pain, affect his behavior and increase both personal and community expense.

A large percentage of dental diseases together with its attendant ills, can be prevented, provided preventive measures are inaugurated early in life.

### THE FOUNDATION OF PREVENTIVE DENTISTRY : EDUCATION

The elementary schools, particularly the kindergarten and primary grades, offer the best opportunity for the application of dental preventive measures. Children in these grades can be given in-

expensive group instruction; also, they are so young that they will profit most from the benefits of a preventive dental program.

Most modern educational systems include in their curriculum the teaching of health, including some instruction in dental health. Modern educators welcome the opportunity to improve the health as well as the mind of the pupil and they are anxious to include in the curriculum the latest and most efficient health-teaching methods. Boards of Education, school superintendents and teachers appreciate the importance of preventive dentistry and the value of dental health education. The big problem is to assemble authoritative dental educational material and to find ways and means of including it in an already overcrowded curriculum.

### SCOPE OF DENTAL HEALTH PROGRAM

To be successful, the school dental health program must be based on education. In the past, too much time, energy and money have been spent on clinical procedure and not enough on teaching children preventive measures.

It is suggested that the school dental health plan might well consist of:

1. Annual or semi-annual dental examinations and notification of parents.
2. Monthly inspection of teeth for cleanliness and notification of parents.
3. Classroom education by each room teacher.
4. Special or assembly lectures once a month or at least four or five times a year by the dental supervisor or an equally qualified person.

In general, the dental educational program should be built around:

1. Regular dental attention.

2. Proper diet.
3. Cleanliness.

#### THE DENTAL SUPERVISOR

It is recommended that the dental health program be in charge of one competent person, who may be a full-time or part-time employe of the school, or, in an emergency, a volunteer worker. This person may be a dentist, dental hygienist or nurse who has had, besides technical education, some special training in pedagogy. Or the supervisor may be, in cases of necessity, one of the teachers who possesses a good understanding and some training in the field of dental health. In any event, one person should be charged with the responsibility of carrying on the program.

#### DENTAL EXAMINATIONS

A complete and systematic dental examination of the children promotes the success of a school dental program, but school examinations are valueless unless they are followed up with good educational material.

If possible, the examinations should be so made and recorded that a complete dental history will be had of each child from kindergarten until graduation from high school. Such records enable the school authorities to note the dental improvement and compare it with the scholastic progress.

Dental examinations can best be made in the office of the family dentist, because the facilities, lighting, etc., are usually the best obtainable. For the sake of clarity, we may call this examination type A.

Sometimes a community prefers to have the dental examinations made in the school rather than send the children to the dentist's office. We may call this examination type B.

If a type A examination is made, the procedure is usually as follows: The teacher gives each child an examination

card, which is properly filled out with name, address, school, grade, etc. She instructs the child to go to the family dentist for an examination. It is essential for the parent or guardian to accompany the child that the dentist may explain to them what corrections are needed. The dental findings should be tabulated on the examination card, which is signed by the dentist and returned by the child to the teacher, who should then do her utmost to persuade the child and the parent to have all necessary corrections made. The teacher should keep a record of the dental findings in each case. After the teacher has made a list of the children and their dental defects, she should forward all examination cards to the board of education office, where they can be tabulated. Thus, the school authorities will know how many children in the school system have defective teeth. At the end of the school year, the teachers can send in a report to the central office as to how many children have had their defects corrected. Thus, the school authorities can determine the result of the dental educational program.

If a type B examination is made; that is, if the examination is made in the schools by the local dentists or by the school dentist or hygienist, the parents should be notified to be present at the time of the examination that they may be informed regarding the child's dental condition. The type B examination has some advantages and some disadvantages over the type A method.

*Advantages of Type B Over Type A.*  
—1. Every child in school is examined.  
2. The entire school population can be examined quickly and easily because the examiners are brought to the children.

*Disadvantages of Type B Over Type A.*—1. Examinations cannot be so thorough. 2. All parents will not be present. 3. Classes are disrupted.

In type B examinations, two sets of cards should be used for dental examinations because:

1. Each child should have an examination card on which his dental findings can be recorded. This card should remain in the school.

2. Each child needing dental care should be given a parent-notification slip advising those parents who could not be present when their child was examined that dental corrections are necessary. The detailed findings should not be sent home as it may lead to misunderstanding between the parent, the examining dentist and the family dentist. After the children in each room are examined, the teacher should do her utmost to persuade the parent and child to have the child's dental defects corrected.

From this point on, procedure in type B examination is the same as in type A examination.

Regulation dental examination cards can be secured from the Bureau of Public Relations, American Dental Association, at 75 cents per hundred.

#### SUGGESTIONS FOR FOLLOW-UP BY THE TEACHERS

The success of teaching dental hygiene in the school depends largely on the interest and enthusiasm of the classroom teacher.

Each teacher can keep the children interested in the care of the teeth by:

1. Setting a good example by maintaining a clean, healthy set of teeth.  
2. Including teeth inspection in the daily hygiene inspection.

3. Insisting that every child have and use a toothbrush.

Intelligent follow-up of school examinations is most necessary to secure good results. The examination itself is only a preliminary move in the entire school dental health program.

4. Including short lessons on dental health as often as is practical.

5. Once a month, inspecting each child's teeth for cleanliness and including a report of findings on the child's monthly report card, which is taken home by the child to be signed by the parent.

6. Advising the parents to have the child's dental defects corrected.

#### SUGGESTIONS FOR FOLLOW-UP BY THE DENTAL SUPERVISOR

In addition to the dental health instructions given by the classroom teacher, who may be equipped with the materials listed at the end of this outline, the dental supervisor can do an excellent piece of follow-up work by giving the children monthly or bimonthly lectures either in the classroom or during assembly periods. These may be motion pictures or stereopticon slide lectures or they may be chalk talks on different phases of mouth health.

#### MOTION PICTURES AND STEREOPTICON SLIDES

The following 16 mm. motion pictures are suggested for use:

Kindergarten and first four grades:

The Smiles Have It (sound, black and white)

The Value of a Smile (sound, black and white)

Life of a Healthy Child (silent or sound, black and white)

Fifth to eighth grades:

Betty's Crooked Teeth (silent, black and white)

Ask Your Dentist (silent, black and white)

The Smiles Have It (sound, black and white)

The Value of a Smile (sound, black and white)

High School:

How Teeth Grow (silent, black and white)

Care of the Teeth (silent, black and white)

Nature, Builder of Teeth (silent, black and white)

Betty's Crooked Teeth (silent, black and white)

Ask Your Dentist (silent, black and white)

Behind the Smile (sound, kodachrome)

About Faces (sound, kodachrome)

The following lantern slide lectures are suggested for use in the different grades:

Kindergarten and first to fourth grade:

Every Child's Treasure (31 slides)

Fifth to eighth grade:

The Teeth and Their Care (13 slides)

Your Teeth and Your Health (41 slides and filmstrip)

Nature, Builder of Teeth (17 slides)

High School:

Nature, Builder of Teeth (17 slides)

Dental Health for the High School Student (32 slides)

Teeth and Personal Appearance (33 slides)

(The above mentioned films and slides may be rented from the American Dental Association, Bureau of Public Relations, 212 E. Superior St., Chicago, Ill. Write for a complete catalog of films and stereopticon slide lectures.)

#### MONTHLY MOUTH INSPECTION FOR CLEANLINESS

If the school population is not too large, the dental supervisor can make the monthly mouth cleanliness inspection and thus relieve the teacher of this phase of the program. The mouth inspection can be made at the same time that the monthly-dental lecture is given. Thus, the dental supervisor will spend from twenty to thirty minutes every month with each class.

#### ADDITIONAL ACTIVITIES OF THE DENTAL HEALTH SUPERVISOR

The dental supervisor, assisted by the classroom teacher and other teachers, can have one or more groups of children present a dental health playlet once a year. This should be shown to all children in the school and to the parent-teacher association and other adult groups as well. Dental health playlets can be secured from the Bureau of Public Relations, American Dental Association.

The dental health supervisor can:

1. Give, or arrange to have given, a dental health lecture once or twice a year to each of the community civic organizations, such as the Rotary, Kiwanis, Lions and women's clubs.

2. Take charge of the annual or semi-annual dental examinations.

3. Make necessary home calls in cases that require special attention.

4. Furnish educational material to local newspapers and radio stations.

5. In general, create and maintain community interest in school dental health education.

#### DENTAL HEALTH EDUCATIONAL COMMITTEE

In many communities, the school authorities appoint, and profit by the advice of a dental health educational committee. This committee may be composed entirely of members of the local dental society or it may include representatives of the various community organizations that are interested in health and civic affairs.

If properly organized and encouraged, this committee can be of inestimable value to the school authorities in matters of dental health. It can:

1. Supply the school with the necessary dental health books, pamphlets, charts and other material listed in this outline or from other sources. (The small amount of money necessary for this material can be contributed by the parent

organizations which the committee members represent.)

2. Arrange for the parent organizations to set aside one meeting a year to be devoted to dental health.

3. Each year, present individual dental certificates to every child, who on graduation is free from dental defects.

4. Assist the dental supervisor in conducting a dental poster contest.

5. Develop new ways and means of keeping the children, the school and the parents interested in the program.

6. Develop ways and means to help defray the cost of providing dental care for children in the low income bracket.

The program outlined above can be conducted by any community at very

little expense. By combining their efforts, the school, the dental society and the various civic groups can easily defray the cost of materials needed. The success of the program will depend on the enthusiasm, interest and spirit of cooperation and perseverance developed and maintained by its sponsors.

Literature citing the needs and the desirability of an adequate dental health educational program includes:

Mouth Hygiene, by A. C. Fones, Philadelphia: Lea & Febiger, price \$5.00.

Health Dentistry for the Community, University of Chicago Press, price \$1.00.

Health Education, National Education Association of the U. S., Washington, D. C., price \$1.50.

#### REFERENCE BOOKS ON DENTAL HEALTH FOR ALL TEACHERS

Brekhus, Peter J.: Your Teeth—Their Past, Present and Probable Future, University of Minnesota Press, price \$2.50.

Hyatt, T. P.: Hygiene of Mouth and Teeth, Brooklyn Dental Publishing Co., price \$1.00.

Fones, A. C.: Preventive Dentistry, Lea & Febiger, price \$2.75.

Fones, A. C.: Mouth Hygiene, A Text Book for Dental Hygienists, Lea & Febiger, price \$5.00.

Health Dentistry for the Community, University of Chicago Press, price \$1.00.

Turner, C. E., and McHose, Elizabeth: Effective Living, C. V. Mosby Co., price, \$1.90.

#### DENTAL HEALTH EDUCATIONAL MATERIAL FOR DIFFERENT GRADES

##### Kindergarten, First and Second Grade Material

##### Books

Towse & Gray: Health Stories, Book One, Scott Foresman Pblg. Co., price \$0.72.

Towse, Mathews & Gray: Health Stories, Book Two, Scott Foresman Pblg. Co., price \$0.80.

Andress, Goldberger, Dolch: Spick and Span, Ginn & Co., price \$0.72.

Charters, Smiley, Strang: Happy Days, The Macmillan Co., price \$0.64.

##### Pamphlets, Posters, Charts, Certificates, Etc.

(The following material can be obtained from the American Dental Association, Bureau of Public Relations, 212 E. Superior St., Chicago, Ill.)

Tommy's First Visit to the Dentist, price \$0.05.

The King's Soldiers, price \$0.05.

Primer Dental Health Educational Leaflets, price 1 set of 8 leaflets, 5c; 25 sets, \$0.75.

Second grade educational leaflets, price 1 set of 6 leaflets, 5c; 25 sets, \$0.50.

Toothbrushing Chart, price \$0.25.

Your Child's Teeth, price per single copy, \$0.10 (quantity price on request).

4 Dental Health Posters (colored), price per set \$1.00.

Dental Health Guide, price \$0.05 (quantity prices on request).  
 Dental Care for the Preschool Child, price \$0.05.  
 The School Child's Teeth, price \$0.05.  
 Dental Examination Charts, price (per hundred), \$0.75.  
 Mickey Mouse or Pinocchio dental certificates for clean teeth, price \$0.01 ea.  
 Mickey Mouse or Pinocchio buttons for children whose mouths are free from infection, price 20 buttons for \$0.75.

### Third and Fourth Grade Material

#### *Books*

Towse, Mathews & Gray: Health Stories, Book Three, Scott Foresman Pblg. Co., price \$0.88.  
 Turner & Hallock: Growing Up, D. C. Heath & Co., price \$0.72.  
 Wilson, Almack, Pryor: Health at Home and School, Bobbs-Merrill Co., price \$0.84.  
 Andress, Goldberger, Dolch: Growing Big and Strong, Ginn & Co., price \$0.84.  
 Andress, Goldberger, Dolch, Jenkins: Safety Every Day, Ginn & Co., price \$0.84.  
 Hahn and Winslow: Let's Grow, Charles E. Merrill Co., price \$0.60.  
 Hahn and Winslow: Let's Stay Well, Charles E. Merrill Co., price \$0.60.

#### *Pamphlets, Posters, Charts, Certificates, Etc.*

(The following material can be obtained from the American Dental Association, Bureau of Public Relations, 212 E. Superior St., Chicago, Ill.)  
 A Practical Toothbrushing Chart, price \$0.25.  
 Third Grade Educational Leaflets, price 1 set of 6 leaflets, 5c; 25 sets, \$0.50.  
 Happy Days with Jack and Joan, price \$0.05 (quantity prices on request).  
 Home Care of the Mouth leaflets, price \$0.03 (quantity prices on request).  
 Your Child's Teeth, price \$0.10 (quantity prices on request).  
 Dental Health Guide, price \$0.05 (quantity prices on request).  
 The School Child's Teeth, price \$0.05.  
 Irregularities of the Teeth, price \$0.05.  
 School Programs for Dental Health, price \$0.05.  
 4 Dental Health Posters (colored), price per set \$1.00.  
 Dental Examination Charts, price (per hundred) \$0.75.  
 Mickey Mouse or Pinocchio individual certificates for clean mouths, price \$0.01 ea.  
 Mickey Mouse or Pinocchio buttons for children whose mouths are free from infection, price 20 buttons for \$0.75.

### Fifth to Eighth Grade Material

#### *Books and Periodicals*

Hygeia, American Medical Association, (per year) \$2.50.  
 Turner, Melchior, Curl: Gaining Health, D. C. Heath & Co., price \$0.76.  
 Turner, Melchior, Curl: Cleanliness and Health Protection, D. C. Heath & Co., price \$0.76.  
 Andress, Goldberger, Hallock: Doing Your Best for Health, Ginn & Co., price \$0.92.  
 Turner, Burton, Curl: Working for Community Health, D. C. Heath & Co., price \$0.84.  
 Turner & Burton: Building Healthy Bodies, D. C. Heath & Co., price \$0.88.

#### *Pamphlets, Posters, Charts, Playlets, Certificates, Etc.*

(The following material can be obtained from the American Dental Association, Bureau of Public Relations, 212 E. Superior St., Chicago, Ill.)  
 Your Child's Teeth, price \$0.10 (quantity prices on request).

Set of 8 Dental Health Charts (colored), price per set \$1.00.  
 A Practical Toothbrushing Chart, price \$0.25.  
 Mouth Health for School Children (by N.E.A., A.M.A., and A.D.A.), price \$0.25.  
 Dental Health Guide, price \$0.05 (quantity prices on request).  
 Home Care of the Mouth leaflets, price \$0.03 (quantity prices on request).  
 Dental Health Playlets, price \$0.05 each:  
   Stepping Stones to Happiness  
   The Magic Basket  
   Bad Baby Molar  
   The Dream Court  
   Sells Health-O-Circus  
   A Toothbrush Fantasy  
   Where's My Toothbrush?  
 Dental Examination Charts, price (per hundred) \$0.75.  
 Mickey Mouse or Pinocchio individual certificates for clean teeth, price \$0.01 ea.  
 Mickey Mouse or Pinocchio buttons for children whose mouths are free from infection, price 20 buttons for \$0.75.

### High School Material

#### *Books and Periodicals*

Dentistry as a Professional Career, American Dental Association, price \$0.10.  
 Teeth, Health and Appearance, American Dental Association, price \$1.50.  
 Turner & McHose: Effective Living, C. V. Mosby & Co., price \$1.90.  
 Career as a Dental Hygienist: The Institute for Research, Chicago, price \$1.00.  
 Dental Hygiene: Institute of Women's Professional Relations, University of North Carolina, Greensboro, N. C., price \$0.25.  
 Fones, A. C.: Mouth Hygiene, Lea & Febiger, \$5.00.  
 Hygeia, American Medical Association (per year), \$2.50.

#### *Pamphlets and Charts*

(The following material can be obtained from the American Dental Association, Bureau of Public Relations, 212 E. Superior St., Chicago, Ill.)  
 The Care of Children's Teeth, price \$0.05.  
 A Constructive Program for Dental Health, price \$0.05.  
 Your Child's Teeth, price \$0.10 (quantity prices on request).  
 What Is the Truth About Teeth? price \$0.05.  
 How Early Should Dental Care Begin? price \$0.05.  
 Dental Care for the Preschool Child, price \$0.05.  
 The School Child's Teeth, price \$0.05.  
 School Programs for Dental Health, price \$0.05.  
 Oral Diseases, price \$0.05.  
 Irregularities of the Teeth, price \$0.05.  
 Disease Conditions of the Mouth and Their Relation to Health, price \$0.05.  
 Set of 8 Dental Health Charts (colored), price per set \$1.00.  
 McCall's pyraglazed Dental Decay Chart, price \$0.35.  
 A Practical Toothbrushing Chart, price \$0.25.  
 Mouth Health of School Children (N.E.A., A.M.A., and A.D.A.), price \$0.25.  
 Dental Examination Charts, price (per hundred) \$0.75.  
 All of the pamphlets, charts and other literature listed in this outline are obtainable from the American Dental Association, Bureau of Public Relations, 212 E. Superior St., Chicago, Ill. The text books, reference books and periodicals are obtainable direct from the publishers.

