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February 2006



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Dental Care and Hygiene

February is National Children's Dental Health Month. This issue features library resources on dental care and general hygiene.

Dental Care - Books

Dr. Spock's Baby and Child Care. Benjamin Spock and Steven Parker, 1998. (515 Sp61).

This parenting handbook includes a section on the dental development and oral health of children.

Dysphagia and the Child with Developmental Disabilities: Medical, Clinical and Family Interventions. Susan R. Rosenthal (247 R727 ECI).

This book provides professionals with information on caring for children with developmental disabilities and dysphagia. It includes a chapter on dental care for children with developmental disabilities.

Early Childhood Caries Resource Guide. Michelle Clark, 1998. (248 E12 1998 ECI).

This resource guide discusses the impact of early childhood caries on systemic health. It encourages health professionals to actively engage in oral health promotion and disease prevention. The guide lists journal articles, materials, and organizations that serve as information resources.

Healthy Young Children: A Manual for Programs. Susan S. Aronson, 2002. (320.11 A769 2002 ECI).

This book is written and reviewed by health and early childhood professionals. It is used by early childhood programs to promote the health and safety of children, staff and families. It includes a chapter on good oral health.

Medical and Surgical Care for Children with Down Syndrome: A Guide for Parents. D.C. Van Dyke, Susan Schoon Eberly, Philip Mattheis, and Janet Williams, 1995. (226.11 V288 ECI).

This book provides information on all aspects of care for children with Down syndrome. Dental specialists explain relevant conditions that are common among children with Down syndrome.

A Parent's Guide to Cleft Lip and Palate. Karlind T. Moller, 1990. (201.2 G678 ECI).

This book, which provides the patient and health caregivers a discussion of the nature and causes of cleft lip and cleft palate, contains information about the many concerns associated with this condition. Dentists are included as part of the health care team.

Dental Care - Videos

The Barnyard Snacker. 5 min. (VC4014).

The Tooth Chicken investigates the problem of snack food and candy wrappers strewn all over the barnyard. The discovery of Hungry Hog as the culprit leads to an important nutrition lesson on the value of a balanced diet, healthy snacks, and good oral hygiene.

Brushing and Flossing. 8 min. (VC4426).

This short video teaches the proper care of teeth, by showing proper brushing and flossing techniques.

Brushing with Dudley and Dee Dee. 6 min. (VC5735).

Designed especially for preschoolers, this video features Dudley's magical way of teaching Dee Dee how to brush and floss correctly.

Caregiver's Guide to Oral Health. 30 min. (VC5026).

This video is designed for use by families of people with disabilities, staff of long-term care facilities, hospital staff, staff of licensed home health care agencies, teachers of children with disabilities, and staff of agencies that provide services for people with disabilities. It emphasizes practical methods and the use of readily available equipment. It stresses the use of universal precautions, the establishment of an individualized oral health routine, the provision of oral hygiene care at least once a day, and planning routine patient oral exams and treatment.

Chuckles and the Happy Teeth. 8 min. (VC5007).

In this puppet show video Chuckles meets a friend named Mary who teaches him the importance of brushing, flossing, going to the dentist and staying away from sweets. This presentation is aimed at children 3-5 years old.

Clean Kids. 15 min. (VC6694).

This video demonstrates correct hand washing and explains the importance of clean hands to good health. It shows the importance of regular tooth brushing and gives additional grooming tips.

Dudley the Dragon. 5 min. (VC4601).

Dudley, the village dragon, is misunderstood as well as disliked because he has dirty, ugly teeth. A village boy who has learned about good health in school visits Dudley and teaches him how to care for his teeth through proper brushing. This story is written in verse for preschool and primary children.

Geena's Tremendous Tooth Adventure. 8 min. (VC5563).

This video is intended for pre-school and early elementary audiences. It encourages young children to take care of their teeth by brushing, flossing, eating healthy snacks, and getting check-ups at their dentist's office.

The Haunted Mouth. 13 min. (VC4604)

B. (Bacterial) Plaque encourages preventive dentistry by showing how teeth are destroyed by dental neglect. He explains how to brush and floss and the importance of regular visits to the dentist.

Healthy Teeth: A Guide For Parents Of Preschoolers. 26 min. (VC5253).

Part 1 (11 min.) covers dental health for infants through age 2. Part 2 (15 min.) covers ages 3 - 6. Parents and caregivers of preschool children are given an overview of dental health. Material covered includes: the development of caries and the three main steps in prevention; baby bottle tooth decay; tooth development and eruption; teething; injury to teeth; effect of thumbsucking; nutrition in caries prevention; fluoride; sealants; and preparing a child for a first visit to the dentist's office.

It's Dental Flossophy, Charlie Brown. 5 min. (VC4015).

Charlie Brown and the gang learn how to use dental floss properly in this animated video.

A Kid's Guide to Personal Hygiene. 17 min. (VC5717).

Entertainer Bill Harley whimsically relays this important message to youngsters: practicing proper hygiene is a healthy and necessary part of life. Cartoon drawings frame the snappily sung, guitar-laced lyrics advising children to wash, bathe, and brush teeth daily.

Dental Care - Videos (continued)

Let's Talk About a Visit to the Dentist. 15 min. (VC5223).

Mr. Rogers takes viewers on a visit to his dentist's office. Knowing what to expect on a first visit to a dental office can make it easier for children and parents. Children are introduced to the staff of the dental office and to some of the dental equipment, supplies, and procedures that would probably be encountered.

Looking to Keep Decay Away. 6 min. (VC6304).

A guide for parents on how to prevent baby tooth decay. This video demonstrates how to perform a monthly check of the baby's mouth by looking at the teeth for white spots or potential cavities. It includes information on how to clean a baby's teeth and gums, and discusses the changing of bottle habits to prevent baby tooth decay. Borrowers may duplicate this videotape for non-profit educational settings.

Parent, It's Up to You. 31 min. (VC5253).

This video is designed for the classroom teacher to use in conjunction with the *Parent, It's Up to You* oral health manual written for Texas schools' PEP Programs. The major goal of this educational program is to provide knowledge and to teach skills that will enhance personal hygiene and overall self-esteem. The dental curriculum consists of three lessons: one each for pregnant mothers, parents of infants, and parents of preschoolers. The video contains three films that cover topics on baby bottle tooth decay, dental care for infants (*Looking to Keep Decay Away* - English/Spanish- VC6304), and dental care for preschoolers (*Healthy Teeth: A Guide for Parents of Preschoolers* -VC5253- English and VC6021- Spanish). The goal of the program is to ensure better dental health for teenage parents and their children.

Seal in a Smile. 11 min. (VC4343).

This video consists of two segments. In the first segment, parents are educated about the need for and application of dental sealants, a plastic protective coating for back teeth. The first segment is presented in English then in Spanish and lasts 4 1/2 minutes. The following 6-1/2 minutes of the English version for schools provides information on the school dental sealant program.

Showdown at Sweet Rock Gulch. 13 min. (VC4083).

This video presents a preventive dentistry message with a western background. The Bad Health Gang, led by Plaque, attempts to take over Sweet Rock Gulch. Aided by the dentist and his assistant, the children banish the gang from town with toothbrush and floss. Intended for young audiences, it includes brushing and flossing instructions as well as diet advice for the control of dental disease. It has been cleared for TV.

Steps to Good Dental Health. 13 min. (VC4138).

This video emphasizes the importance of primary teeth and their care. It illustrates the sequence of primary and secondary eruption by age. Four ways to prevent tooth decay are presented. The Spanish version is VC4165.

Take Time for Teeth. 7 min. (VC6571).

This video covers basic knowledge about oral health and prevention. Topics include: the importance of dental checkups for pregnant women, the recognition of white spots on the teeth, how to prevent baby bottle tooth decay, the advantages of taking a child to the dentist at 1 year of age and then for routine checkups every 6 months after that, and the importance of dental sealants in reducing tooth decay. This video was developed in conjunction with the *Take Time for Teeth* oral health training module.

Tattletooth: Brushing and Flossing Demonstrations. 22 min. (VC4125).

Follow-along brushing and flossing demonstrations simulate a real-life visit to a dental professional.

Toothbrushing with Charlie Brown. 5 min. (VC4016).

Charlie Brown and the Peanuts gang teach youngsters brushing and flossing techniques in this animated film.

WIC-TV (Waiting Room Videos). 89 min. (VC7041).

This video is intended for WIC clients but appropriate for all parents of infants and small children. It includes the 4 minute long segment *Dental Care for Children and Infants*.

Dental Care - Kits

Jody Says, Love Your Teeth. 14 min. (K0001).

This kit introduces dental health to very young children. It may be used for hearing impaired pre-schoolers. The kit includes a 14-minute video, storybooks, puzzles, teacher workbook, Jody Coyote hand puppet with extra teeth and adhesive dots, dental office items, and large toothbrush and mouth model.

Hygiene - Books

The ABC's of Safe and Healthy Child Care: A Handbook for Child Care Providers. 1996. (320.11 A134 1996 ECI).

This booklet includes information on how disease is spread and recommends policies and practices that will help prevent disease, injury and environmental exposure in day care centers.

The New Social Story Book. Carol Gray, 1994. (203.6 G778 ECI).

This book aids the teacher of students with autism of all ages to teach them to understand social concepts. It includes stories that effectively teach hygiene and much more.

The New Social Story Book: Illustrated Edition. Carol Gray, 2000. (203.6 G778 ECI).

This book aids the teacher of students with autism of all ages to teach them to understand social concepts. It contains stories written by high school students trained to write their own social story. It includes stories that effectively teach hygiene as well as relationships, manners and other subjects.

Hygiene - Videos

The ABC's of Safe and Healthy Child Care: Handwashing/Diapering. 27 min. (VC6832).

This video contains two programs. It is intended for staff working in child care facilities. In *Handwashing*, (14 min.) the film makers use a powder which glows under black light to demonstrate how germs can spread through a child care facility. They explain when and how to wash hands of the staff as well as those of the children. *Diapering* (13 min.) provides helpful tips and recommendations when diapering to prevent the spread of germs and disease, including when and how to use gloves.

Attention to Each Other: Infant and Adult During the Bath. 37 min. (525 P639).

The child's bath provides a unique and important opportunity for the development of love and communication between adult and child. During free play, the infant encounters the reality of the physical world and discovers himself. The child discovers his own expectations and desires and those of the adult. The video concludes with scenes without voice-overs for observation and study.

Creatures from Inner Space. 28 min. (VC6575).

This video explains the dangers of parasites and the preventative measures children can take to lower their risk of infection. It uses animated songs, diagrams and graphics to show how parasites invade the body. A music video segment encourages children to wash their hands.

The Germ Busters. 30 min. (VC6202).

Shows kids ages 3-7 how to prevent picking up other people's germs or spreading their own. Catchy sing-along songs help to get the message to youngsters; encouraging them to maintain good hygiene habits both at home and in school.

Goofy's Hygiene Game. 12 min. (VC4957).

Introduces the basic concepts of hygiene, disease prevention and good health habits. This video explains why good hygiene and good health practices are so important. Goofy motivates students to learn to take care of their own bodies through decision-making involving good health and hygiene skills.

Hygiene - Videos (continued)

Health and Safety in Family Day Care: Communicable Disease. 9 min. (VC5453).

This video presents information on ways diseases are spread in a day care setting and methods to reduce this spread. It covers proper hand washing and diapering. Caregivers are encouraged to establish a written policy regarding the care of sick children. A procedure that caregivers can use to check for signs of illness in children is included. Presenting information on diseases that commonly occur in a day care setting, this program encourages the caregiver to accept responsibility in preventing the spread of disease.

H.I.D.E. & S.E.E.K! Preventing the Spread of Infections. 28 min. (VC7341).

H.I.D.E. stands for hand washing, immunization, drug safety and eating safety. Each area is covered in detail to help viewers learn how to prevent the spread of infection. S.E.E.K. stands for safe personal practices, environment, elderly and kids. Avoiding high-risk personal behavior and learning how to properly clean and disinfect the home and office are emphasized. Practical ways to establish healthy habits for the elderly and children are shared.

Infant Care: The First Weeks. 22 min. (VC4203).

This videos explores various aspects of infant care including cleanliness.

Keeping Babies Healthy and Safe. 33 min. (VT0160).

The first part of this video focuses on the physical component of health, specifically on ways to help caregivers prevent the spread of common illness and help children be resistant to such illness. The second part discusses ways to keep infants and toddlers safe in family- and center- based care. Prevention through awareness, planning and action is the key to a safe environment.

My Only Me. 14 min. (VC4894).

Children learn about six smart, healthy habits through narration and song. Children are encouraged to take care of their bodies by keeping clean, getting enough rest, taking care of their teeth, exercising, playing it safe and eating the right food. They are taught that they must take responsibility for themselves so they can remain strong and grow up healthy. This video provides a positive anti-drug message, promoting a strong self-image, and reinforcing the importance of good health to young viewers.

Starting Out Safe and Sound. 30 min. (VC7422).

This video provides a guide to infant health and safety for the first months of life. It includes instructions for new parents on bathing.

Staying Healthy. 9 min. (VC6234).

By watching this video children learn the important steps necessary to be healthy and avoid disease. Viewers are urged to follow good practices that prevent the spread of infection. The transmission of germs is explained in language children can understand. Proper hand washing techniques are demonstrated. Proper nutrition, adequate exercise, plenty of rest, and avoiding germs are keys to staying healthy. Children are taught how to protect themselves from exposure to the bodily fluids of others.

Viruses and Bacteria: The Story of the Warm Wet Spots. 21 min. (VC5819).

This video combines computer animation, humor, popular music, special effects, and classroom demonstration to present useful information about germs, bacteria, and the prevention and transmission of communicable diseases.

Wash those Hands! 9 min. (VC6831).

This video shows how hand washing helps control the spread of illness. It illustrates the correct way to wash your hands. It is also available in Spanish as VC7755.

Zardip's Search For Healthy Wellness: Germs. 15 min. (VC5817).

The importance of cleanliness is emphasized when Zardip, an alien being, discovers he is not as well-equipped to fight off nasty earthly germs as human beings. Zardip's story illustrates how the human body fights infection and disease.

Dental Care Websites

February is National Children's Dental Health Month. See special events, useful information and fun pages for kids at the **American Dental Association's website** at <http://www.ada.org/public/events/ncdhm/index.asp>

For a comprehensive list of links to wonderful resources on child dental health, see **MedlinePlus** at <http://www.nlm.nih.gov/medlineplus/childdentalhealth.html>. This list includes information from the American Academy of Family Physicians, the American Academy of Pediatric Dentistry, the American Dental Association and much more all in one place!

Websites that are useful for parents of children with special needs:

Dental Care for a Child with a Cleft Palate – see <http://www.cleftline.org/publications/dental.htm>

Dental Care Every Day: A Caregiver's Guide provides information on how to help people with special needs maintain good oral health. See <http://www.nidcr.nih.gov/HealthInformation/DiseasesAndConditions/DevelopmentalDisabilitiesAndOralHealth/DentalCareEveryDay.htm>

Hygiene Websites

National Resource Center for Health and Safety in Child Care has the "Caring for Our Children" manual online. Chapter 3.2 covers hygiene issues in child care facilities. See <http://nrc.uchsc.edu/CFOC/HTMLVersion/TOC.html>

The importance of handwashing and handwashing basics are described in this **Centers for Disease Control website** at <http://www.cdc.gov/ncidod/op/handwashing.htm>

Many young boys are resistant to developing good hygiene habits. Here are some practical tips for **Teaching Young Boys Good Hygiene Habits**: <http://childrentoday.com/resources/articles/smellyboys.htm>

New Additions - Books

Asperger Syndrome: A Guide for Parents and Educators, 2nd ed. Brenda Smith Myles and Richard L. Simpson, 2003. Book. (203.5 M997 2003 ECI)

This book for educators and parents describes the characteristics of children with Asperger syndrome. It then discusses the assessment of students and how to teach academic content to students with Asperger syndrome. It also includes chapters on planning for behavioral and for social success and ends with a chapter on understanding the impact of Asperger syndrome on the family.

The Best Worst Brother. Stephanie Stuve-Bodeen and Charlotte Fremaux, 2005. Book. (805.1 S937b 2005 ECI)

Older sister Emma tries to be patient while teaching three-year-old Isaac, who has Down syndrome, how to communicate using sign language. The book includes questions and answers about sign language.

Building Strong Foundations: Practical Guidance for Promoting the Social-Emotional Development of Infants and Toddlers. Rebecca Parlakian and Nancy L. Seibel, 2003. Book. (266.5 P252 2003 ECI)

This publication provides readers with a thorough grounding in how supportive relationships promote the social-emotional development of very young children. It includes a description of what infant mental health is; what is so important about good relationships; good relationships are catching; practical strategies for promoting infant mental health; and guidelines for identifying infant mental health needs.

New Additions - Books (continued)

Critical Issues in Early Childhood Professional Development. Martha Zaslow and Ivelisse Martinez-Beck, 2006. Book. (325.2 Z38 2006 ECI)

This book defines professional development for early childhood professionals. It examines research across a range of settings, Head Start, public preschools, private programs and looks at ways to measure the size and characteristics of the early childhood workforce. It provides a solid foundation of knowledge needed to focus future research studies and make informed decisions about preparation of the early childhood workforce.

I Can, Can You? Marjorie W. Pitzer, 2004. Book. (805.1 P692i 2004 ECI)

Come along with these babies and toddlers with Down syndrome as they discover their world and enjoy new experiences. This board book is filled with colorful photographs.

Life Skills Progression LSP: An Outcome and Intervention Planning Instrument for Use with Families at Risk. Linda Wollesen and Karen Peifer, 2006. Book. (520 W864 2006 ECI)

This assessment tool for families of children from birth to three years provides critical data home visiting programs need to demonstrate their effectiveness and attract funding. Generating a comprehensive and accurate portrait of the behaviors, attitudes and skills of both parents and children, the LSP helps professionals establish baseline client profiles, identify strengths and needs, plan interventions and monitor progress and outcomes to show that interventions are working.

My Friend Isabelle. Eliza Woloson and Bryan Gough, 2003. Book. (805.1 W866m 2003 ECI)

A young boy named Charlie describes the activities he shares with his friend Isabelle, a girl with Down syndrome.

Reaching Out to Children with FAS/FAE: A Handbook for Teachers, Counselors, and Parents Who Work with Children Affected by Fetal Alcohol Syndrome and Fetal Alcohol Effects. Diane Davis, 1994. Book. (201.4 D261 1994 ECI)

This is a practical resource to help teachers, counselors and parents deal with children with fetal alcohol syndrome or fetal alcohol effects (FAS/FAE). First, the physical and mental characteristics of the child with FAS/FAE are identified. Then proven interventions are given that show how to better understand the child, how to help the child deal with anger, how to build the child's self-esteem, how to use effective behavior modification techniques and how to show the child ways to release anger. Needs of older children, adolescents and adults are also covered.

Receptive-expressive emergent language test (REEL-3): manual and booklets, 3rd ed. Kenneth R. Bzoch, Richard League and Virginia L. Brown, 2003. Book. (535.1 B999 2003 ECI)

This kit includes the Examiner's Manual and 25 Examiner Record Booklets. The manual provides information to consider before testing; discusses how to interpret the results; gives normative information, covers test reliability and validity and mentions additional factors related to assessment and programming.

Rolling Along: The Story of Taylor and His Wheelchair. Jamee Riggio Heelan, Nicola Simmonds, 2000. Book. (804 H458r 2000 ECI)

This children's book explains how having cerebral palsy affects Taylor and how getting a wheelchair makes a big difference in helping him get around, do things by himself, and even play basketball with his twin Tyler.

Russ and the Apple Tree Surprise. Janet E. Rickert, 1999. Book. (805.1 R539 1999 ECI)

After Russ, a five-year-old with Down syndrome, picks a basket of apples and helps his mother and grandmother bake a pie, his grandfather invites him into the backyard for a surprise.

The SCERTS Model: A Comprehensive Educational Approach for Children with Autism Spectrum Disorders. Barry M. Prizant, 2006. 2 volume book. (203.6 P961s 2006 ECI)

Volume I provides practical guidance on using the SCERTS model to assess the communication and social-emotional abilities of preschool and elementary school children with autism spectrum disorders (ASD). Volume II gives instruction on setting social communication and emotional regulation goals for children with ASD. It helps choose meaningful activities to help reach the goals; it links transactional support goals to social communication and emotional regulation goals and it uses the SCERTS model at each of three communication stages: social partner, language partner and conversational partner.

Early CHILDHOOD Report

Children With Special Needs & Their Families

Volume 17, Issue 1 January 2006

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Boost family involvement in your program by rethinking the roles of grandparents; help caregivers prepare children for school with a new brochure from the NEA.

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Learn what early childhood areas you can anticipate advocates and federal officials to focus on in the new year.

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See how you and your students can use movements to relieve stress and improve performance.

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WASHINGTON WATCH

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LAWSUITS & RULINGS

2d Circuit questions D.C.'s "retrospective" analysis of IEP; placement offers FAPE despite recommendation; panel reverses IHO's award of IEE reimbursement; uncooperative parents can't collect reimbursement; OT sufficient for preschooler with "autistic-like" behaviors; parents' preferred methodology isn't necessary to meet child's needs. 10-12

Base early childhood assessment on observation, documentation

By observing a child's progress, educators can better tailor their instruction to enhance individual student performance, rather than taking a more generic approach of teaching to a standardized test.

This bridging of performance to instruction can improve your educators' teaching techniques, says **Gilliam McNamee** and **Jie-Qi Chen**, professors at the **Erikson Institute**.

In explaining the approach at the **National Association for the Education of Young Children** conference, McNamee and Chen said educators need to include a variety of materials and activities for each of their curriculum areas because children perform some tasks better than others.

For example, under the visual arts curriculum, a child might have trouble drawing a self-portrait. But she might be inspired by creating pictures using pattern blocks, which also are used in pre-math activities.

(See **TEACHING** on page 4)

ASSESSMENT

- Understand performance-based assessments and how using such tests can improve planning and instruction. Pages 4-5

Involve parents, experts in determining children's school preparedness

Assessing a child's readiness for kindergarten requires close coordination between parents and your early childhood teachers, said speakers at the annual **National Head Start Association's** Head Start

SCHOOL READINESS

- Learn what components you need to look for to determine school readiness; read recent studies discussing how preschool and Early Head Start improve readiness. Page 9

Parent Training Conference in Washington, D.C. in December.

Differences in the methods used to determine that readiness can affect kindergartners' progress, experts and parents noted.

Nichole Elliot, a Head Start parent, stressed the importance of ensuring your parents and educators work together to best determine when children are ready for kindergarten.

But **Janice Neliwocki**, a 15-year veteran early childhood educator, said overcoming differing opinions as to what "kindergarten readiness" really means is a key step in making that determination. She said research from the **National Center for Education Statistics** indicates that while parents tend

(See **COLLABORATION** on page 9)

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