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CARE OF THE TODDLER

HEALTH CARE PLAN

| Identified Nursing Problems | Rationale | Goals of Care | | Appropriate interventions |
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| | | The client will: | The mother will: | The nurse will: |
| Impaired dentition r/t sleeping with a bottle of milk aeb root and dental caries | Milk contains sugars (carbohydrates) in them. When milk or formula bottles are given at bedtime, the sugar stays on the teeth and ferments to organic acids that demineralizes the tooth enamel until it decays. In the case, Jack's practice of sleeping with a milk bottle caused the evident teeth and root caries; and therefore needs to be immediately addressed. | Practice consistent oral care and hygiene routine with the assistance of the mother to address impaired dentition | Gain adequate knowledge about adequate oral care and hygiene Provide assistance to the toddler in the performance of oral care and hygiene routine | <ul style="list-style-type: none"> • Determine the mother's knowledge about the current status of the toddler's dentition • Assist the mother in determining toddler's current practices/activities contributing to impaired dentition • Educate the mother about the importance of oral hygiene as early as toddlerhood • Demonstrate to the mother and toddler proper tooth brushing and flossing procedure • Inform the mother other effective ways to minimize dental problems (e.g. limiting sweets, avoidance of milk bottle at bedtime) • Educate the mother on the importance of regular dental checkups and follow-ups in reducing dental problems • Identify with the client accessible dental clinics and other dental resources in the community for maximum utilization |
| Ineffective child eating dynamics r/t excessive parental control over child's eating experience aeb mother's | Toddlers are normally fussy eaters with varying and unpredictable appetite and food preferences. It is normal for them to play with their food, throw tantrums during mealtimes, and eat small portions of food. The mother's frustrations | Develop healthy eating dynamics aeb: <ol style="list-style-type: none"> 1. Healthy attitude during mealtimes <ul style="list-style-type: none"> • No tantrums • No active play during mealtimes 2. Finished food plate | Manage the toddler's eating dynamics effectively Promote a healthy and pleasant attitude during mealtimes | <ul style="list-style-type: none"> • Educate the mother about the normal attitudes/behavior of toddlers during mealtimes • Inform the mother about the importance of promoting a healthy and pleasant attitude during mealtimes (e.g. not easily getting mad/frustrated to the toddler) • Instruct the mother to serve the right amount of food appropriate for the toddler according to the nutritional guidelines • Suggest ways how the mother can |

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| insistence to the toddler to finish his food | and insistence to finish the food can negatively impact the toddler and worsen his current attitudes during mealtimes. | | | <p>improve the eating habits of the toddler:</p> <ul style="list-style-type: none"> ○ Encourage the mother to feed the toddler with small portions at frequent intervals ○ Encourage the mother to prepare brightly colored food with various physical forms to stimulate the toddler's appetite. ○ Encourage mother to allow self-feeding to strengthen the toddler's independence ○ Reiterate to the mother the importance of a pleasant attitude during meal times ● Inform the mother about the negative effects of force feeding |
| Readiness for enhanced knowledge about toddler's micturition patterns for anticipation of diaper removal | A young child is expected to achieve control for defecation and micturition at the age of 2-4. While Jack is capable of urinary control during day time, he still wets his bed during the night. The mother mentioned asking for advice on when she can remove her baby's diapers. | | <p>Gain adequate knowledge about her child's micturition patterns.</p> <p>Identify when she can anticipate the removal of her toddler's diapers</p> | <ul style="list-style-type: none"> ● Educate the mother about micturition patterns of toddlers including the age when they can stop using diapers. |
| <p>Anticipated problems:</p> <p>Impaired skin integrity related to nocturnal enuresis and redness and irritation of diaper area.</p> | | | | |

HEALTH EDUCATION PLAN

Nursing Diagnosis to be addressed: Impaired dentition r/t sleeping with a bottle of milk aeb root and dental caries

Title: Promotion of consistent oral care and hygiene routine

Target Participant: The family: Mother (Jill) and Toddler (Jack)

Goal: The mother will gain adequate knowledge about oral care and hygiene; and provide assistance to the toddler in its performance.

| Objectives | Content Outline | Method of Instruction | Time Allotted | Resources | Method of Evaluation |
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| <p>After a 30-minute implementation of the health teaching, the mother will:</p> <ol style="list-style-type: none"> Determine the current status of the toddler's dentition Determine toddler's current practices/activities contributing to impaired dentition Verbalize the importance of oral hygiene as early as toddlerhood | <p>Practices causing impaired dentition during toddlerhood</p> <ul style="list-style-type: none"> Bottle propping Sleeping with milk bottles Lack of adequate oral hygiene High intake of sweets and sugary foods <p>Importance of adequate oral hygiene:</p> <ul style="list-style-type: none"> Prevention of tooth loss Reduced risk of acquiring cavities or gum disease that can impair eating and speaking abilities Earlier detection of oral diseases Maintenance of a healthy smile and good appearance Reduced risk of halitosis <p>Negative impacts of poor oral hygiene:</p> <ul style="list-style-type: none"> Plaque buildup and loss of teeth Recurrent experience of toothaches Increased number of visits to dental clinics Low self-esteem Heightened pain experience Dental infections which may interfere with normal functioning like eating, speaking, etc. | <p>Lecture/ Discussion</p> <p>Lecture/ Discussion</p> | <p>5 minutes</p> <p>5 minutes</p> | <p>Pamphlet</p> <p>Pamphlet</p> | <p>Question and answer on possible causes of impaired dentition during toddlerhood</p> <p>Exploration of client's thoughts and feelings about the importance of oral hygiene as early as toddlerhood</p> |

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| 4. Demonstrate proper flossing and tooth brushing procedure | <p>Proper flossing procedure/steps</p> <ul style="list-style-type: none"> • Hold the floss tightly between your thumbs and forefingers. • Guide the floss between your teeth using a gentle rubbing motion. Never snap the floss into the gums. • Repeat this method on the rest of your teeth. Don't forget the back side of your last tooth. <p>Proper tooth brushing procedure/steps</p> <ul style="list-style-type: none"> • Squirt a pea-sized amount of toothpaste onto your brush. • Start with the outer surfaces of your teeth. Gently brush upper and then lower teeth. • Tilt your brush at a 45° angle. Brush against the gumline to get rid of any trapped plaque or food debris. Gently move the brush back and forth using short, tooth-wide strokes. • Brush the inner surface of your teeth. Use a 45° angle to brush back and forth to clean the inside surfaces of the teeth. • Clean the chewing surfaces of your teeth. • Brush your tongue. • Spit the fluoride out. <p>Ways to minimize dental problems:</p> <ul style="list-style-type: none"> • Limit sugary foods and starches • Drink water instead of sugary drinks • Avoid going to bed with bottles or sippy cups. • See a dentist regularly. | Demonstration | 3 minutes | Infographic of step-by-step procedure | Return demonstration of proper flossing steps |
| 5. Provide assistance to the toddler in the performance of adequate oral care and hygiene routine. | | Demonstration | 7 minutes | Infographic of step-by-step procedure | Return demonstration of proper tooth brushing steps |
| 6. Monitor the toddler's adherence to the procedure | | | | | |
| 7. Identify at least 3 other effective ways to minimize dental problems | | Lecture/ Discussion | 5 minutes | Pamphlet | Identification of at least 3 other effective ways to minimize dental problems |
| 8. Determine accessible dental clinics and other dental resources in the community for maximum utilization | | Verbal talk | 2 minutes | - | Identification of accessible dental clinics and other dental resources in the community |

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| 9. Verbalize adherence of the toddler to the implemented activities | | | 2 minutes | - | Exploration of client's thoughts and feelings about the effectiveness of the nursing interventions |
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