

HEALTH EDUCATION PLAN

TITLE: Dental Care for Toddler TARGET PARTICIPANT/AUDIENCE: Jack (Toddler) & Jill (Mother) GOAL: After the nursing intervention, the client will have increased capability for oral health maintenance of toddler by presenting substantial to extensive knowledge on recommended daily milk/dairy servings for toddlers, and absence of dental and root caries.					
Objectives	Content Outline	Method of Instruction	Time Allotted	Resources	Method of Evaluation
By the end of the nursing interventions, the client will: 1. Explain the importance of appropriate dietary habits, particularly milk intake, in maintaining the oral health of the toddler	<ul style="list-style-type: none"> • Relation between nutrition and toddler's dental health • Tips for choosing foods healthful to toddler's teeth • Recommended daily nutritional guidelines for toddlers 	Lecture	10 minutes	<ul style="list-style-type: none"> • Pamphlet on Nutrition & Oral Health 	Question & Answer
2. Follow through on referrals for appropriate dental care and to improve condition of toddler's dental and root caries	<ul style="list-style-type: none"> • Importance of Regular Dental Health Visits 	Referral	2 minutes	<ul style="list-style-type: none"> • Dentist's Referral Information 	Question & Answer Records Review
3. Adapt the basic practices in maintaining oral health	<ul style="list-style-type: none"> • Basic oral hygiene practices for toddlers: <ul style="list-style-type: none"> ○ Brush their teeth twice a day with fluoride toothpaste ○ Drink water that contains fluoride ○ Ask the dentist to apply dental sealants when appropriate • Choosing the Right Toothbrush and Toothpaste • Tips for Brushing Toddler's teeth 	One-on-one Instruction and Demonstration	5 minutes	<ul style="list-style-type: none"> • "Pangalagaan ang Iyong mga Ngipin" Activity Book by Centers for Disease Control and Prevention (CDC; 2022) • Pamphlet on Oral Health 	Return Demonstration and Accomplished Activity Book

References:

- Centers for Disease Control and Prevention. (2022, April 6). *Children's Oral Health*. <https://www.cdc.gov/oralhealth/basics/childrens-oral-health/index.html>
- Centers for Disease Control and Prevention. (2022, April 6). *Pangalagaan ang Iyong Mga Ngipin*. https://www.cdc.gov/oralhealth/tagalog/dental_health_activity_book_PRINT_Tagalog.pdf
- Cleveland Clinic. (2019, November 18). *Nutrition and Your Child's Dental Health*. <https://my.clevelandclinic.org/health/articles/10963-nutrition-and-your-childs-dental-health>
- Raising Children. (2021, November 15). *Dental care for toddlers*. <https://raisingchildren.net.au/toddlers/health-daily-care/dental-care/dental-care-toddlers>