

CARE PLAN

Identified Problems	Rationale	Goals of Care	Interventions
Impaired dentition r/t inadequate oral hygiene as evidenced by dental carries	Inappropriate bottle usage and insufficient oral hygiene have deleterious effects in child's oral health. The acidogenic and cariogenic potential of milk used contributes in bacterial growth in the toddler's mouth, attacking tooth enamel and resulting into tooth decay. If tooth decay is left untreated, it may cause Jack problems in speech and in eating.	<p>The client will:</p> <ul style="list-style-type: none"> exhibit absence of dental caries after dental consultation maintain good oral health – absence of other oral health diseases – after dental consultation until next care visit <p>The mother will:</p> <ul style="list-style-type: none"> demonstrate proper tooth brushing techniques for toddlers maintain oral hygiene of the child by brushing child's teeth thoroughly once a day verbalize importance of practicing oral hygiene before bed for toddlers 	<p>The nurse will:</p> <ul style="list-style-type: none"> assess client and mother's perception to oral hygiene refer client to dentist demonstrate proper tooth brushing techniques for toddlers discuss importance of practicing oral hygiene before bed explain how leaving bottle with milk in sleep affects toddler's oral health discuss importance of supervision during toothbrushing recommend practices to prepare child before seeing dentist
Risk of impaired parenting r/t insufficient knowledge about child development	Jill is susceptible in having difficulties of creating environment that promotes Jack's development as a toddler. It is evidenced by her frustration when Jack plays with his food, does not take a nap, and throws tantrums. Promotion of health education on parents like Jill may help them to understand the normal behaviors to expect on toddlers during the child's development. If problem is not addressed properly, poor parenting may cause relationship troubles, anxiety, negative self-perception, and aggression.	<p>The mother will:</p> <ul style="list-style-type: none"> determine normal toddler development and behavior in terms of: <ul style="list-style-type: none"> eating habits sleep temper tantrums verbalize alternative practices to supplement necessities of toddler in: <ul style="list-style-type: none"> nutrition discipline verbalize importance of supporting child's sense of independence in his current age determine practices that will promote toddler's safety 	<p>The nurse will:</p> <ul style="list-style-type: none"> provide infographics about normal toddler development and behavior in terms of: <ul style="list-style-type: none"> eating habits sleep temper tantrums discuss normal toddler eating habits discuss normal toddler sleeping pattern discuss normal toddler temper tantrums recommend practices that will supplement nutrient intake for toddler without neglecting child's sense of independence recommend practices that will promote discipline at home while respecting family member's authority and/or independence discuss advantages and disadvantages of supporting child's sense of independence in his current age recommend practices that will promote toddler's safety physically and mentally
Readiness for enhanced parenting as evidenced by consultation for toddler toilet training	Jack experiences nighttime bedwetting but stays dry during the day. The mother expresses desire to learn how to remove diapers by asking for advice to the nurse. This is essential to prevent rashes and irritations that may cause discomfort to the toddler.	<p>The mother will:</p> <ul style="list-style-type: none"> demonstrate techniques in removing diaper for nighttime bedwetting determine practices to promote toddler toilet training verbalize signs when a toddler is ready for toilet training 	<p>The nurse will:</p> <ul style="list-style-type: none"> assess recognition of developmental levels (control of sphincters, cognitive understanding in holding stools and urine, and desire to delay immediate gratification) provide infographics about toilet training in toddler recommend practices to promote toddler toilet training demonstrate techniques in removing diaper during nighttime bedwetting explain and enumerate signs that the toddler is ready for toilet training
Anticipated Problems			

TEACHING PLAN

Title: Introducing a 3-year-old: Discussion of expected normal development and behaviors of a toddler					
Target Audience: Jill & Jack					
Goal: The mother will determine the normal development and behaviors of a 3-year-old child after the nursing intervention.					
Objectives	Content Outline	Method of Instruction	Time Allotted	Resources	Method of Evaluation
30 mins after the nursing intervention, the mother will: 1. determine normal toddler	1. Normal toddler	Visual presentation (Infographics) Picture Discussion/	5 minutes		Question & answer

<p>development and behavior in terms of:</p> <ol style="list-style-type: none"> eating habits sleep temper tantrums 	<p>development and behaviors during:</p> <ol style="list-style-type: none"> Eating Sleeping Throwing tantrums 	Lecture		<p>Gavin, M. L. (Ed.). (2021, January). Toddlers at the table: Avoiding power struggles (for parents) - nemours kidshealth. KidsHealth. Retrieved April 8, 2022, from https://kidshealth.org/en/parents/toddler-meals.html#:~:text=Many%20toddlers%20need%20to%20eat,eat%20evry%20time%20you%20do.</p> <p>Toddler sleep: What to expect. Raising Children Network. (2020, December 9). Retrieved April 8, 2022, from https://raisingchildren.net.au/toddlers/sleep/understanding-sleep/toddler-sleep#:~:text=Toddlers%20need%2011%2D14%20hours,toddlers%20get%20ready%20for%20sleep.</p> <p>When to worry about Toddler temper tantrums. When to Worry about Toddler Temper Tantrums - Johns Hopkins All Children's Hospital. (n.d.). Retrieved April 8, 2022, from https://www.hopkinsallchildrens.org/ACH-News/General-News/When-to-Worry-about-Toddler-Temper-Tantrums</p>	
<p>2. verbalize alternative practices to supplement necessities of toddler in:</p> <ol style="list-style-type: none"> nutrition discipline 	<p>2. A. Alternative practices that will supplement nutrient intake for toddler without neglecting child's sense of independence</p> <p>2. B. Practices that will promote discipline at home while respecting family member's authority and/or independence</p>	Discussion/ Lecture	3 minutes	<p><i>Care of the Child from Infancy to Adolescence – Toddler (2022)</i>. VLE. https://vle.upm.edu.ph/mod/page/view.php?id=67214</p>	Question & answer
<p>3. verbalize importance of supporting child's sense of independence in his current age</p>	<p>3. Importance of supporting child's sense of independence</p>	Discussion/ Lecture	2 minutes	<p><i>Growing independence: Tips for parents of toddlers and twos</i>. NAEYC. (n.d.). Retrieved April 8, 2022, from https://www.naeyc.org/our-work/families/growing-independence-tips-parents-toddlers-and-twos</p>	Question & answer
<p>4. determine practices that will promote toddler's safety</p>	<p>4. Promoting toddler's system</p> <ol style="list-style-type: none"> Physical (i.e. Accidents, Fall, etc.) Mental 	Discussion/ Lecture	2 minutes	<p><i>Care of the Child from Infancy to Adolescence – Toddler (2022)</i>. VLE. https://vle.upm.edu.ph/mod/page/view.php?id=67214</p>	Question & answer
<p>5. demonstrate proper tooth brushing techniques for toddlers</p>	<p>5. Proper tooth brushing techniques for toddlers</p>	Video Demonstration	5 minutes	<p><i>Brushing your toddler's teeth: A step-by-step guide</i>. Colgate®: Toothpaste, Toothbrushes & Oral Care Resources. (n.d.). Retrieved April 8, 2022, from https://www.colgate.com/en-us/oral-health/kids-oral-care/brushing-your-toddlers-teeth-a-step-by-step-guide</p>	Return Demonstration
<p>6. verbalize importance of practicing oral hygiene before bed for toddlers</p>	<p>6. Importance of practicing oral hygiene before bed</p> <ol style="list-style-type: none"> Effects of sleeping with baby bottle and milk 	Discussion/ Lecture	2 minutes	<p>Centers for Disease Control and Prevention. (2022, April 6). Children's oral health. Centers for Disease Control and Prevention. Retrieved April 8, 2022, from https://www.cdc.gov/oralhealth/basics/childrens-oral-health/index.html</p>	Question & answer
<p>7. demonstrate techniques in removing diaper for nighttime bedwetting</p>	<p>7. techniques in removing diaper for nighttime bedwetting</p>	Demonstration	3 minutes	<p>Catherine Donaldson-Evans, D. E. (2021, January 22). Nighttime Potty Training and bed wetting. What to Expect. Retrieved April 8, 2022, from https://www.whattoexpect.com/toddler/behavior/bed-wetting.aspx</p>	Return Demonstration
<p>8. determine practices to promote toddler toilet training</p>	<p>8. Practices to promote toddler training</p> <ol style="list-style-type: none"> Potty chair 	Demonstration/ Discussion/ Lecture	3 minutes	<p><i>Care of the Child from Infancy to Adolescence – Toddler (2022)</i>. VLE. https://vle.upm.edu.ph/mod/page/view.php?id=67214</p>	Return Demonstration Question & answer
<p>9. verbalize signs when a toddler is ready for toilet training</p>	<p>9. Signs when a toddler is ready for toilet training</p>	Discussion/ Lecture	2 minutes	<p><i>Care of the Child from Infancy to Adolescence – Toddler (2022)</i>. VLE. https://vle.upm.edu.ph/mod/page/view.php?id=67214</p>	Question & answer

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Lindberg, S. (2020, September 25). *Bad parenting: Signs, effects, and how to change it*. Healthline. Retrieved April 8, 2022, from <https://www.healthline.com/health/parenting/bad-parenting#effects>

The importance of frequent diaper changes. Jake's Network of Hope. (2019, February 2). Retrieved April 8, 2022, from <https://jakesnoh.org/the-importance-of-frequent-diaper-changes/#:~:text=Diapers%20should%20be%20changed%20every,per%20day%20for%20these%20kids.>