



## *Healthy Smile Happy Child*

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### **Quarterly Report January – March 2008**

The Manitoba Collaborative Project for the  
Prevention of Early Childhood Tooth Decay

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Submitted by: Lavonne Harms, Coordinator – Healthy Smile Happy Child

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### **Community Feedback**

Follow-up by Community Facilitators after Capacity Building Workshops have noted the following ways Healthy Smile Happy Child (HSHC) message is being spread:

#### **Public Health**

Burntwood (BRHA) & Churchill regions:

- Public Health nurses hand out gum massagers at the 2 month immunization time and toothbrushes at following immunizations (BRHA).

Central (CRHA), Brandon & Assiniboine (ARHA) regions:

- Healthy Baby staff in CRHA using the HSHC resource tool-kit in their programming (CRHA).
- Public Health nurse from CRHA borrowing resources for a parent's group session (CRHA).

NOR-MAN & Parkland regions:

- Healthy Baby in The Pas made an "oral health activity" bag with key messages and use it at their sessions. They also only serve milk and water (NOR-MAN).
- Healthy Baby in The Pas provides new moms with a washcloth in the postnatal bag with a poem that reads, "wrap around your finger tight, to clean baby's gums and teeth day and night" (NOR-MAN).
- Families First Home Visitors in Swan River made the "So Sweet" bottles. They also helped their families make posters (with a photo of each child brushing their teeth) to put in their home bathroom (Parkland).
- Families First Home Visitors in Swan River "act out" trips to the dentist office (place child in their lap, examine teeth, etc) with young children to make them more comfortable before they go to the dentist (Parkland).
- Primary Health Care Nurses & Family First Home Visitor in Roblin give pamphlets in prenatal packages, at post partum visits & Child Health Clinics (CHC). They use the flipchart as a visual at CHCs & home visits. They also use the resources when giving school presentations. They use "Think About Your Baby's Teeth" poster when talking about weaning. They have also noticed that it grabs the attention of some 5 year olds, providing an opportunity to speak with them about sweet drinks. This group plans to have volunteers make up dental goody bags and work to advocate for families by speaking with the dentist when they run into challenges (Parkland).
- Family First Home Visitor in Roblin checks for decay at home visits by placing child in parent's lap & tickling them (Parkland).
- Primary Health Care Nurses & Family First Home Visitor in Roblin find the information is a "wake up call" for parents. They also notice that parents are internalizing the

information they have been told as they have mentioned it to the visitor at a later date (eg. "I remember you told me...") (Parkland).

- Primary Health Care Nurses in Swan River give information out at CHCs, put pamphlets in postnatal packages, discuss oral health at prenatal classes & specifically speak about wiping gums at postnatal visits. They plan to put up a dental display in the waiting room. (Parkland).
- Primary Health Care Nurses in Swan River mention that parents like getting "stuff" and wiping the gums message is new information (Parkland).
- Families First Home Visitors in Swan River & Roblin talk about oral health at specific times set out in their curriculum (Parkland).
- Better Beginnings Coordinator in Swan River made the "So Sweet" bottles for her programs and mentioned that session leaders do a "mini-dental unit" with the children in the program (Parkland).
- Public Health Nurses in Waterhen use the HSHC flipchart at Child Health Clinic (CHC) when talking with parents about what they feed their children. When they notice that a child has good teeth they compliment them and show pictures of tooth decay from the chart to speak about what could happen if they don't continue to take care of their teeth (Parkland).
- Public Health Nurse in Ste. Rose made a dental kit to take to school presentations (Ste. Rose & Alonsa- Kindergarten & Grade 1). It includes examples of foods & drinks with the amount of sugar in each (Parkland).
- Public Health Nurses in Ste. Rose and Waterhen give toothbrushes & share information with parents at CHC's, Prenatal Classes & Kindergarten Immunizations (Parkland).

Winnipeg (WRHA) and Interlake (IRHA) regions:

- "Oral health" has been added to the post-partum care map/database used by WHRA Public Health (WRHA).
- St. James Public Health using resource kit with families (WRHA).
- IRHA plans to incorporate oral health unit into Healthy Baby summer program (IRHA).
- Growing Years Family Resource Centre covering oral health with every Healthy Baby group. Growing Years will also be incorporating oral health into new program beginning at the centre in the near future (IRHA).
- Elmwood Community Resource Centre using resources for one-on-one counseling with parents, Nobody's Perfect program, and Healthy Baby program (WRHA).
- Four Feathers using resources with every Healthy Baby group as well as in their Head Start program (WRHA).
- River Heights Family Education Centre using games and 'So Sweet Cups' with Healthy Baby participants (WRHA).
- Women's Health Clinic playing games and engaging in oral health question/answer period with Healthy Baby participants (WRHA).
- Salvation Army has oral health on the agenda for the next Healthy Baby group (WRHA).
- West Broadway Community Services are using resources within their Healthy Baby program as well as the Nobody's Perfect program (WRHA).

### **Early Childhood Programs**

- Assiniboine South Early Years Team have handed out toothpaste and written material within their programs where appropriate (WRHA).
- Ryerson Family Centre delivering oral health information to parents through handouts and posters. Program Coordinator has also switched to diluted juice at snack time. One of the parents in the program is a dentist and has also been helping the Coordinator inform parents about their child's oral health as well as change centre policies to better model appropriate oral health care strategies (WRHA).
- St. Norbert Family Centre incorporating oral health into program. Coordinator has collaborated with local dental hygienist who is coming out to speak with the children and parents about good oral health practices (WRHA).

- Chair of Transcona Daycare Directors Networking group purchasing all videos recommended by HSHC to have accessible for Daycare programs in the area (WRHA).
- St. Vital Parent Child Coalition lending resource kit to Family Centres in the St. Vital/St. Norbert communities. Coalition Chair has also informed community partners/contacts and the St. Vital Community Action Network of the resource kit (WRHA).
- Daycare in NOR-MAN now dilute juice after having had the HSHC training (NOR-MAN).
- Daycare in Ste. Rose has a tooth brushing program at their centre. They also wipe the gums of infants and only allow milk or water in the bottles. They also have the "Think About your Baby's Teeth" poster on display which has sparked a lot of conversation among parents regarding sugar in drinks (Parkland).
- Roblin Nursery School Director used knowledge gained from training on oral health to make a connection between one of the nursery school children's behaviour and the fact that he had ECTD. The Director has also put workbook pages in a newsletter and mentioned that HSHC has brought greater awareness of preschool oral health (Parkland).
- Seven Oaks Early Years Coalition plans to incorporate oral health into their upcoming Early Years Symposium in June 2008 (WRHA).

### **Aboriginal Communities/Programs**

- Aboriginal Head Start in Swan River has a tooth brushing program. They have posters in the bathroom to show how to brush & spit out the toothpaste. Parents comment that since their children brush at the program, they actually want to brush at home. During their "Healthy Living Month" in May, Swan River's Head Start will visit the dentist, do dental activities and have children share their dental experiences with each other. Further, she mentioned that at the dental office in Swan River a child's first visit is free so if they haven't gone yet, she will get the parent's consent and take the children along to observe (Parkland).
- Manitoba Métis Federation has resources on next team meeting agenda to share with staff. Also, plan to develop oral health unit for upcoming Healthy Baby group (WRHA).
- Aboriginal Head Start in Camperville purchased a tooth model and show children how to brush. They also have a tooth brushing program in place. Camperville Head Start also hosted a nutrition workshop for both staff and parents (NOR-MAN).
- Oxford House Canadian Prenatal Nutrition Program (CPNP) worker plans to incorporate HSHC resources into her program, especially the "so sweet bottles." (BRHA).

### **Schools and Community Organizations**

- Pre-kindergarten teacher in Thompson has HSHC flip chart in her classroom for the kids to look at during free time (BRHA).
- Division Scolaire Franco-Manitobaine has created oral health resource kits for all of their preschool sites within Manitoba. Resource kits include 'So Sweet Cups', children's bingo (bilingual), pamphlets, and a list of suggestions on how teachers can use the resources within their programs. Preschool teachers have also shared workbook and resource kits with the Kindergarten and Grade 1 teachers in their schools.
- Coordonnatrice – Petite enfance also has their own resource kit that will be transported around the community as a model to encourage oral health promotion among other programs and services providers in the Francophone community (WRHA).
- River East Transcona School Division Community Connector has created her own oral health display to be incorporated into the upcoming health and wellness fair at Radisson School.

- École Centrale School creating parent workshop on oral health to be delivered in early spring. Principal at École Centrale School in support of early childhood oral health promotion strategies and initiatives (WRHA).
- A school in CRHA plans to give out toothbrushes to grades K-8 (CRHA).

### **Dental/Medical Offices**

- Dental Office in Flin Flon and Dental Hygienist in The Pas will be available as a community resource for service providers (NOR-MAN).
- New Pediatric Dentist in Transcona contacting child care centres in area to encourage them to arrange a visit to the dental clinic day with their children (WRHA).
- Brandon Dental Office requested resources in English and Spanish for clients (Brandon).
- Altona Dentist requested resources for a Preschool Wellness Fair (CRHA).

### **Challenges expressed by Service Providers:**

- Primary Health Care Nurses & Family First Home Visitor in Roblin note the following barriers as being: dental health low priority at certain times that they see parents (eg. Post partum, 2 months); prevalence of candy with very young children; and cost of dental visits & cost of healthy food.
- Some Family First Home Visitors in Parkland mentioned that they have recognized decay at a home visit but have faced barriers in getting it treated (eg. Family can't access the dentist, the dentist won't see the child or the dentist says it's okay).
- Some Families First Home Visitors notice that some families don't realize the importance of baby teeth (some families don't do dental care with children, surgery "normal" to some).
- Families First Home Visitors in Swan River find that some dentists are unaware of using fluoride varnish or seeing children at 1 year. Their families have trouble accessing dentists due to cost or transportation (those in rural areas).
- In many First Nations communities the dentist visits for limited time and his/her time is mainly spent on emergency cases therefore communities feel prevention is overlooked.

## **Community Involvement/Partnerships**

### **Project Activity:**

#### **1) Phase II Evaluation**

- Trips have been scheduled in May 2008 to inform the original 4 pilot communities of the outcomes of the activities.

#### **2) Community and Professional Contacts**

##### **Burntwood/Churchill Regions:**

- Professional Groups trained – 2<sup>nd</sup> year nursing students, New Beginnings staff, Thicket Portage Health Centre staff (public health nurse, on-call worker, and obstetrics), Shamattawa Nursing Station staff (public health nurse, homecare, principal, resource teacher, nurse,), Churchill Public Health nurse and ward nurse, Churchill Human Resource Officer, Leaf Rapids Education Centre staff, Norway House Head Start staff, Oxford House Mature Students class and Early Years Teachers, Oxford House Head Start, Diabetes Coordinator and CPNP worker, and Lynn Lake Early Years Teachers and Head Start staff.
- Attended 2 day Practical Facilitation Skills workshop from Winnipeg Transition Centre.
- Mailed out 250 letters to all contacts in BRHA communities.
- Donated toothbrushes to girl's hockey tournament as well as Northern Circle of Youth.
- Spent 3 days Churchill with the Centre for Community Oral Health dental hygienists.
- Submitted public service announcements to local radio station and NCI for oral health month. Also distributed 35 displays to all BRHA communities and Churchill,

1000 grocery bag leaflets for Thompson stores, oral health promotion buckets at all BRHA sites, submitted article to The Thompson Citizen, and have displays in Thompson General Hospital.

#### NOR-MAN/Parkland Regions:

- Professional Groups trained – The Pas Family Resource Centre early childhood educators, teachers from Duck Bay, Camperville and Pine Creek (Nursery/Kindergarten, Grades 1 & 2, and Resource teachers), Director of Roblin Children's Centre, Flin Flon Family Daycare Providers, Mountain View School Division Kindergarten teachers, Resource and student teachers (Dauphin, Roblin, Winnipegosis, Ochre River & Gilbert Plains), Cormorant Community Health Representative (CHR) and Head Start, The Pas obstetrics nurses, Little Dreamers Daycare and Halcrow Lake Daycare in The Pas, Early Childhood Educators attending Red River College course in The Pas, Child Care Centre and School in Benito, Swan River Families First, Pine Creek (nurse, CHR and CPNP worker), Dauphin Public Health nurses and Families First, Waterhen CHR, Gilbert Plains Daily Discovery Daycare workers, and Roblin Parent Child Centre/Family Literacy Coordinator.
- Introduced project to: Primary Health Care nurse in The Pas.
- Met and completed follow-up with: Roblin and Swan River Primary Health Care nurses and Families First home visitors, Swan River Better Beginnings Coordinator, Marigold Daycare Director, Swan River Aboriginal Head Start Director, Ste Rose du Lac Public Health nurse and Charlie Brown Daycare Director, Camperville Head Start, Dauphin Public Health nurses, Dauphin Dental Assistants, and Roblin Nursery School.
- Attended Cree Nation Tribal Dental Health Inc. Dental team meeting. Provided copies of Circle of Smiles DVD, The Story of the Eye Tooth, Skye's Smile Book and Brushing Baby Teeth Daily DVD for distribution within their communities.
- Compiled information for a fluoride fact sheet as requested by Best Beginnings Baby & Me.
- Researched and compiled information on fluoride and water fluoridation for NOR-MAN Regional Care Advocate & Primary Health Care nurse in Cranberry Portage to present at town meeting. Also attended town meeting.
- Attended 2 day Practical Facilitation Skills workshop from Winnipeg Transition Centre.
- Met with Flin Flon Dental Office Receptionist, Polaris Dental Clinic Dental Hygienist,
- Compiled information for a pacifier and my child's teeth fact sheet as requested by nurses in Benito.
- Forwarded grant application information to Camperville Primary Health Care Centre regarding providing healthy cooking classes for parents.
- Submitted article to April/May edition of Grassroots Magazine. Article written by NOR-MAN and BRHA HSHC Facilitator and a Primary Health Care nurse from Flin Flon.
- Submitted oral health month public service announcements to radio stations in Flin Flon, The Pas, and Dauphin.

North Eastman/South Eastman Regions: Community Facilitator left position end of October, 2007. Position filled March 10<sup>th</sup>, 2008.

- Orientation of new Community Facilitator took place in March 2008.
- Reviewing HSHC orientation materials and becoming familiar with regions.
- Contacted by Steinbach radio stations regarding an interview for oral health month.

#### Central/Assiniboine/Brandon Regions:

- Professional groups trained – Portage Aboriginal Head Start staff, Brandon Early Years Coalition, and Assiniboine Health Authority staff (public health nurses, dietitians, and healthy baby staff).
- Continuing to work on the grant application for Portage Community Network. Plan to submit proposal for Healthy Living Together grant that will look at chronic disease risk factor reduction and integrating services in Portage for high risk populations. Grant submitted in February 2008.

- Organized telehealth session with local dentist who presented on dental emergencies. There were 5 sites across Central region involved with ~16 participants. Completed follow-up with sites after the session and response was positive.
- Attended 2 day Practical Facilitation Skills workshop from Winnipeg Transition Centre.
- Involved with the Turtle Mountain School Division child development day that is planned for 2 high schools in the division.
- Follow-up evaluations sent to past workshop participants for feedback.
- Mailed out "Story of the Eye Teeth" CD to regions.
- Attended 2 day local regional training on health behaviour change.
- Attended meetings at the Provincial Health Promotion Network.
- Working on oral health month activities for regions.

#### Winnipeg/Interlake Regions:

- Professional Groups trained – Military Family Resource Centre children's program staff, Transcona Daycare Directors Networking group, Hutterite Colony school staff, Inkster Public Health team, Gordon Bell and Children of the Earth infant development lab staff, Red River College Early Childhood Educator Aboriginal students, Red River College ECE instructor and curriculum developer, Red River College Nursing Program instructor and coordinator, and Children's Hospital Pediatric Residents.
- Attended 2 day Practical Facilitation Skills workshop from Winnipeg Transition Centre.
- Met and followed-up with: WRHA and IRHA Healthy Baby sites, Assiniboine South Early Years Team, Fort Garry/St. Norbert and St. Vital Parent Child Coalition, the Coordonnatrice – Petite enfance from the Division Scolaire Franco-Manitobaine, St. Vital Parent Child Coalition, and WRHA midwives.
- Met with new WRHA Community Facilitator for River East community area. Followed-up with Point Douglas area Community Facilitator.
- Met with Community Connector for River East Transcona School Division (Radisson, Wayoata, and Westview schools) and provided resources and assistance to incorporate oral health information into school wellness fairs and Stay & Play programs on an ongoing basis.
- Completed French displays for Francophone community to be housed by various organizations and used in the community.
- Attended St. James – Assiniboia Parent Child Coalition meeting and presented 2 HSHC resource kits. The coalition plans to incorporate oral health into Nutrition Launch in March and Literacy Links programs within the school division. Coalition chair will inform daycares, school staff, family centres, and parent-child programs in the community area about the opportunity to borrow oral health resources and incorporate strategies into their programs.
- Provided encouragement and support to River Heights Public Health team to arrange their own oral health display for their upcoming health and wellness fair. The team has purchased toothbrushes and flossers to incorporate into the event.
- Attended Seven Oaks Early Years Coalition meetings. Corresponded with Coalition Chair regarding oral health inserts and toothbrushes that are to be included in the "welcome to kindergarten" packages being distributed at pilot sites in the Seven Oaks community.
- Followed up with Hutterian Education Administrator regarding potential to raise concerns over amount of candy purchased with Colony Bosses and Secretaries.
- Reviewed literature to generate and support new and current oral health promotion strategies for communities.
- Prepared for oral health month. Sent public service announcements to various local radio stations. Provided oral health articles to WRHA Community Facilitators as per request to distribute to community partners in charge of local newsletters and publications. Also, sent WRHA Facilitators information regarding display opportunities for oral health month.

- Prepared report on HSHC accomplishments and challenges in Winnipeg for partners of the Community Development Networking group and attended meeting. Following up with members of Networking group to focus final prevention strategies specific to each community area in WHRA.
- Followed up with Francophone community contacts with assistance of Francophone volunteer.
- Mail-out to head nurses on Interlake First Nation communities regarding introduction to new Aboriginal focused resources.

### 3) Presentations:

#### January 2008

RHA	Train the Trainer Workshop		Parent/Caregiver Presentations		Contacts made	
	# Workshops	# Participants	# Presentations	# Participants	Direct	Indirect
Assiniboine	0	0	0	0	4	0
Brandon	0	0	0	0	5	0
Central	0	0	0	0	14	5
Burntwood	3	22	2	10	5	250
Churchill	0	0	0	0	2	8
NOR-MAN	1	2	0	0	0	0
Parkland	2	8	1	12	0	0
Winnipeg	0	0	0	0	15	600
Interlake	0	0	0	0	1	0
NorthEastman	0	0	0	0	0	0
SouthEastman	0	0	0	0	0	0
Total	6	32	3	22	46	863

Maternity Ward visits in Burntwood Region – 30

#### February 2008

RHA	Train the Trainer Workshop		Parent/Caregiver Presentations		Contacts made	
	# Workshops	# Participants	# Presentations	# Participants	Direct	Indirect
Assiniboine	0	0	0	0	3	5
Brandon	0	0	0	0	3	4
Central	1	2	0	0	5	5
Burntwood	1	7	2	30	5	100
Churchill	1	3	2	15	11	3
NOR-MAN	1	5	0	0	8	0
Parkland	1	11	0	0	0	0
Winnipeg	3	25	0	0	10	0
Interlake	1	15	0	0	0	0
NorthEastman	0	0	0	0	0	0
SouthEastman	0	0	0	0	0	0
Total	9	68	4	45	45	117

## Maternity Ward visits in Burntwood Region – 27

### March 2008

RHA	Train the Trainer Workshop		Parent/Caregiver Presentations		Contacts made	
	# Workshops	# Participants	# Presentations	# Participants	Direct	Indirect
Assiniboine	1	45	0	0	0	4
Brandon	1	6	0	0	0	4
Central	0	0	0	0	4	35
Burntwood	4	63	5	90	15	30
Churchill	0	0	0	0	0	0
NOR-MAN	7	42	0	0	0	53
Parkland	6	22	2	43	0	0
Winnipeg	6	56	0	0	10	0
Interlake	0	0	0	0	0	9
NorthEastman	0	0	0	0	0	0
SouthEastman	0	0	0	0	0	0
Total	25	228	7	133	29	135

### Maternity ward visits in Burntwood region – 36

#### 4) Community events:

- January: Manitoba Dental Association annual conference
- February: Churchill Dental Health Fair – display  
Dakota Tipi Winter Fair – display sent to community
- March: Thompson Parent Conference – display  
The Pas Preschool Fair – display  
Flin Flon Preschool Wellness Fair – display  
Crystal City Preschool Wellness Fair

### Collaborative Activity

- Received grant funding from Children's Health Advisory Committee to fund the design and production of a series of health promotion posters that promote early childhood oral health as requested by some communities.
- The annual report to MDA members from the Communications Committee Board for 2007 included a statement that the MDA is working with HSHC to address the needs of children 3 years of age and under. The Communications Committee of the MDA received a grant from the Canadian Dental Association to fund the production of fridge magnets and is partnering with HSHC to spread key messages promoting early childhood oral health.
- Website hits from last quarter:
 

October:	284
November:	244
December:	232
- Links to HSHC early childhood oral health resources are available on the National Maternal and Child Oral Health Resource Center website.



- 5) Abstract submitted to the Canadian Association of Public Health Dentistry was accepted. Project Coordinator will present a 3 hour workshop at the conference May 30-June 1, 2008.
- 6) Dr. Schroth and Project Coordinator met with Dr. Hubert Benitez, Director of Continuing Dental Education for University of Manitoba. Dr. Benitez is planning a 6 series CE session on ECTD for dentists. Dr. Schroth and Project Coordinator will participate in the planning.
- 7) Project Coordinator met with the Early Childhood Education (ECE) and Nursing programs at Red River College. The ECE program plans to incorporate oral health education into their fall curriculum. The Nursing program plans to include oral health information within two of their classes (Health Promotion and Growth and Development).
- 8) Project Coordinator provided information on HSHC resources to the Joint Information Management Committee to review for potential provincial printing and distribution.
- 9) Dr. Schroth presented at the Faculty of Dentistry's Research Day held on February 25, 2008. His talk was titled Early Childhood Caries: Prevalence, Prenatal Influences, Prevention and Pain Assessment. HSHC evaluation and research activities were shared during this presentation.
- 10) Inquiries continue to be received from numerous jurisdictions outside of Manitoba. Most recently HSHC resources were spotted in a Northern Saskatchewan clinic.

### **Feedback/Evaluation**

- Qualitative Evaluation study
  - HSHC undertook an evaluation project entitled "A qualitative look at early childhood oral health and Healthy Smile Happy Child project activities in Manitoba."
  - The purpose of this study is to assess the perceptions about early childhood oral health and early childhood caries by service providers and caregivers who have been exposed to Healthy Smile Happy Child project activities in Manitoba.
  - Currently working on completing a report of this work.
- Pre/Post Test Workshop Questionnaire update
  - Currently working on completing a report of this work and preparing a manuscript for publication. This evaluation project will also be shared with the partnership and Manitoba Health.

### **Staff Development**

- Manitoba Health has continued to support 2 STEP students during fall 2007 and will again support 2 students working full time during the summer 2008.
- Support and management of STEP student activities have included: preparation and compilation of data from Pre/Post Questionnaires, phone follow up, qualitative study, literature reviews, database entry, development of displays/community poster, and other administrative tasks.

### **Administrative/Research Activity**

- All database entry is up to date.

### **Planning for next Quarter**

- Complete analysis of project evaluation research study and dissemination plans with communities.
- Use of MB Telehealth for training in remote/isolated communities.
- Displays at conferences and community events.

- Continued communication with dental services throughout Manitoba.
- Development of a publication describing the positive experience of the intersectoral partnership and community development approach in addressing ECTD.
- Begin manuscript preparation for qualitative research activities.