Early Childhood Education Linkage System (ECELS)
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Dear Early Care and Education Professional:

Thank you for selecting the Oral Health Basics Self-Learning Module. The information and resources will help you promote oral health in young children. This module meets PA Keystone STAR 2 Performance Standard requirement for one (1) hour of annual professional development for health and safety. The Core Knowledge Competencies and objectives that this module addresses are that users will be able to:

- K7.1 C1 Identify the sources of health, safety, and nutrition standards and regulations that apply to the early childhood or school-age program.*
- K7.1 C2 Demonstrate consistency in following required health, safety, and nutrition practices in compliance with applicable mandates and standards.*

An asterisk (*) indicates that Appendices of the PA Core Knowledge Competencies document offer additional information on definitions, including a further detailing of competencies, and alignment to other commonly-used documents. C2 competency requires all of C1; C3 requires all of C1 and C2. (From PA Core Knowledge Competencies online at http://www.pakeys.org

Objectives
Upon successful completion of the module, users will be able to:

- Explain the importance of oral health to overall health
- Describe how nutrition impacts oral health
- Explain why foods and beverages that are healthy for bodies are also healthy for teeth
- Explain that healthy habits begin early and include oral health
- Educate families about the need for dental visits as part of regular check-ups

To receive state-approved professional development credit:
2. Complete the learning activities. In addition to viewing the webinar, you should familiarize yourself with resources, and read helpful information which can support you in your daily work with children. It may be helpful to Review the Self-Assessment before you begin. It is located at the end of the module and includes multiple choice questions and implementation questions. Knowing what you will be asked may help you find the necessary information.
3. **Complete and Submit the Self-Assessment:** This must be completed independently and submitted by each person requesting credit. PA early care and education professionals may submit the Self-Assessment for review one of the following ways:

   - Use the electronic response form [https://www.surveymonkey.com/r/Y3CVQ3L](https://www.surveymonkey.com/r/Y3CVQ3L) OR
   - Print the response form and send by surface mail, fax or email to ECELS.

4. **Follow the instructions in the "Important Reminders" box next to the list of self-learning modules on the ECELS webpage.** Click the green button, “Click Here to Order SLM Reviews” to pay the review fee. Submit the Module Review Payment Form with your module. ECELS will review your self-assessment and approve your credit. Processing takes approximately 2-4 weeks after you submit the required documentation and pay the review fee. Access confirmation of your credit at the PA Keys website [www.papdregistry.org](http://www.papdregistry.org)/login/My PD.

   If you need help with this module, or have questions about the material, call the ECELS office at 484-446-3046 or toll free in PA 1-800-243-2357 or email [ecels@paaap.org](mailto:ecels@paaap.org).

   Sincerely,

   Libby Ungvary, MEd
   ECELS Director

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**Costs for the development of this module have been underwritten by the Pennsylvania Department of Human Services, Office of Child Development and Early Learning**
Self-Assessment: Oral Health Basics

**Multiple Choice Directions:** Choose the best answer for each question. The answers to all questions are in the material that you have been asked to read and review to complete this module.

1. What is tooth decay?
   a) A normal part of childhood
   b) An active process of tooth destruction
   c) An interaction between teeth, food, and bacteria
   d) The result of a healthy diet
   e) b and c

2. Which of the following are known to increase the risk of tooth decay?
   a) A diet high in carbohydrates
   b) Regular snacks of vegetables
   c) Regular meals with planned snacks
   d) Frequent juice intake between meals
   e) a and d

3. Tooth decay affects 25% of children two to five years of age and 50% of children twelve to fifteen years of age.
   a) True
   b) False

4. Bacteria adhere to the surface of teeth in a sticky film called dental plaque.
   a) True
   b) False

5. The first dental checkup should take place by what age?
   a) 6 months
   b) 9 months
   c) One year
   d) Fifteen months
6. Parent education should include the following:
   a) Brush your child’s teeth twice a day, every day
   b) Limit juice, foods, and drinks with sugar to once a day with a meal
   c) Drink only water in-between meals
   d) All of the above

7. The following promote oral health and overall health.
   a) Gummy vitamins
   b) A diet rich in fresh fruits and vegetables
   c) A diet low in whole grains
   d) Regular dental visits every six months
   e) b and d

8. Even small amounts of foods with carbohydrates (sugars and cooked starches) eaten
    frequently through the day can create an acid environment that can cause mineral loss from
    teeth.
    a) True
    b) False

9. Encourage oral health in classroom activities, including:
   a) Using mirrors to look at and talk about teeth
   b) Use music and art to learn about oral health habits
   c) Have a dental professional talk about what to expect at a dental office or do screenings
   d) All of the above

10. Open communication between the early care and education professional and the child’s
    family can promote oral health in the following ways:
    a) It shows the family that you care about the child
    b) It provides opportunities to provide education and share concerns
    c) It helps maintain consistency at childcare and home
    d) All of the above

Implementation Questions
1. List 3 resources provided by the Nutrition and Oral Health module which you will use to
   improve the oral health of children in your program.
   ______________________________________________________
   ______________________________________________________
   ______________________________________________________

2. List three activities from the Cavity Free Kids website which you will use to educate
   children about oral health?
   ______________________________________________________
   ______________________________________________________
   ______________________________________________________