



UNIVERSITY OF ALBERTA  
FACULTY OF MEDICINE & DENTISTRY



# ORAL HEALTH EDUCATION TOOL

## Part 3: Oral Hygiene



Oral diseases continue to disproportionately affect immigrant communities. There is a clear need for a culturally appropriate tool to enhance oral health literacy of recent immigrants. The objectives of this collaborative initiative were to develop an oral health educational tool and ensure its cultural appropriateness for newcomers. These educational booklets are the final product of a community-based CIHR funded project (FRN: 126751) conducted in four phases:

Phase 1 was tool development. A group of dentists, researchers, and students came together to develop an educational tool to be delivered to the frontline community health workers. The tool was developed based on the results of our previous studies investigating the informational needs of the preselected community leaders who were enthusiastic about promoting children's oral health in general and oral health needs of the newcomer families in particular.

Phase 2 was the dissemination event developed and executed at the request of and in consultation with Multicultural Health Brokers Cooperation (MCHB), Edmonton Multicultural Coalition (EMC), as well as the community leaders who participated in our research program to develop an oral health educational tool to be used in their health promotion programs. These individuals had the potential to provide a myriad of services and expertise to newcomers, reach out to newcomer parents, raise their awareness of oral health and preventive care, and facilitate their children's access to dental care. The half-day event was held at a centrally located area in Edmonton. At the event, the developed oral health educational tool was presented to 30 community collaborators in five small groups of six individuals. The presentations were followed up by six focus groups facilitated by two research assistants (one with dentistry background and one community member). Participants' perspectives on deliverability and acceptability of the educational tool and ways to make the tool a better fit for their community were explored. Focus groups were recorded, transcribed verbatim, and coded by two researchers independently. Identified barriers and facilitating factors were categorized based on the key elements of RE-AIM framework.

In phase 3, further adjustments were made to the booklets based on the input received from the community leaders. The tool was modified and presented again to eight leaders from different communities in a follow up focus group. The community collaborators approved the literacy level and cultural appropriateness of the content.

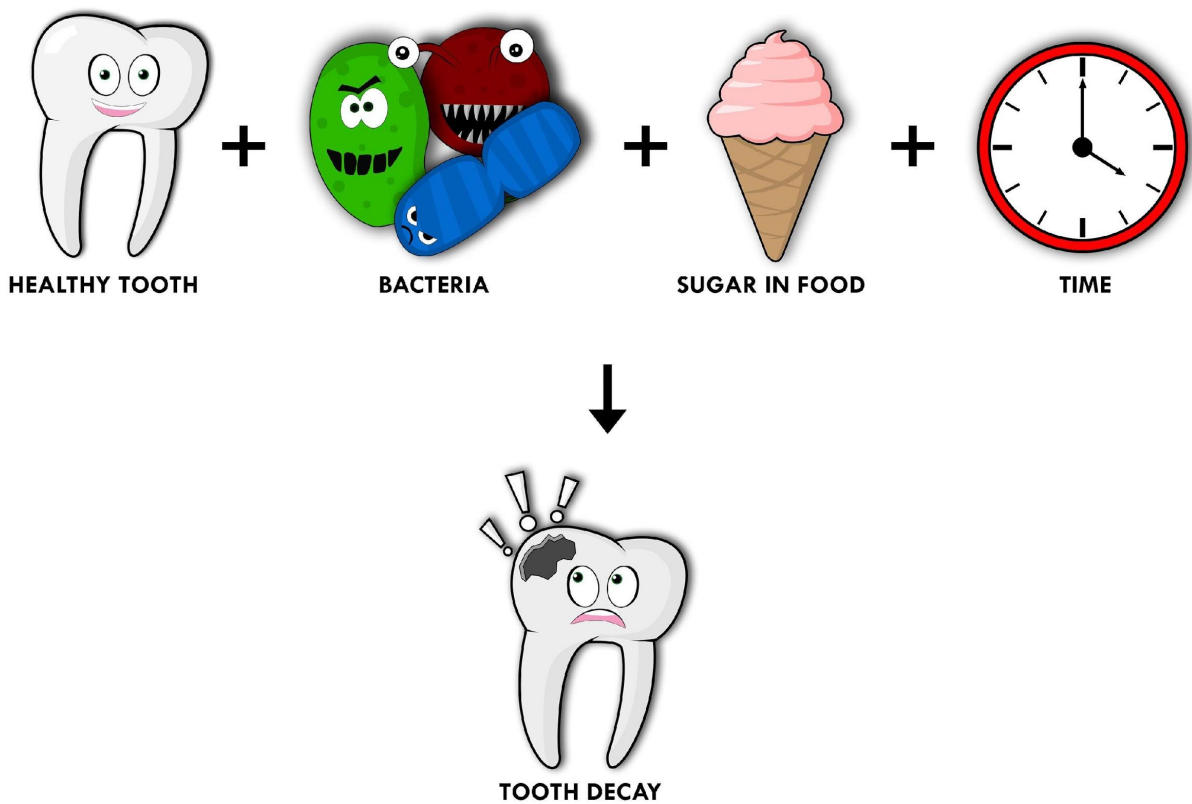
In phase 4, all images collected in the four booklets were assessed for copyright with funding through the University of Alberta Open Educational Resources Awards program. Openly licensed images were identified and the ones that did not have patient's or copyright consent were recreated and professionally designed and added to the collection. The booklets were then reviewed by the copyright office and uploaded to the University of Alberta institutional repository to encourage reuse.



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For more information or to explore collaboration opportunities for using this work for community dental education, please feel welcome to contact Dr. Maryam Amin at [sharifzd@ualberta.ca](mailto:sharifzd@ualberta.ca)

# Dental plaque (dirt)



Bugs (bacteria) + food debris = Dental plaque

More brushing = less plaque = less cavities



# Oral hygiene: Age 0-1 year



Use a clean washcloth moistened with water to remove plaque from your baby's gums and tongue



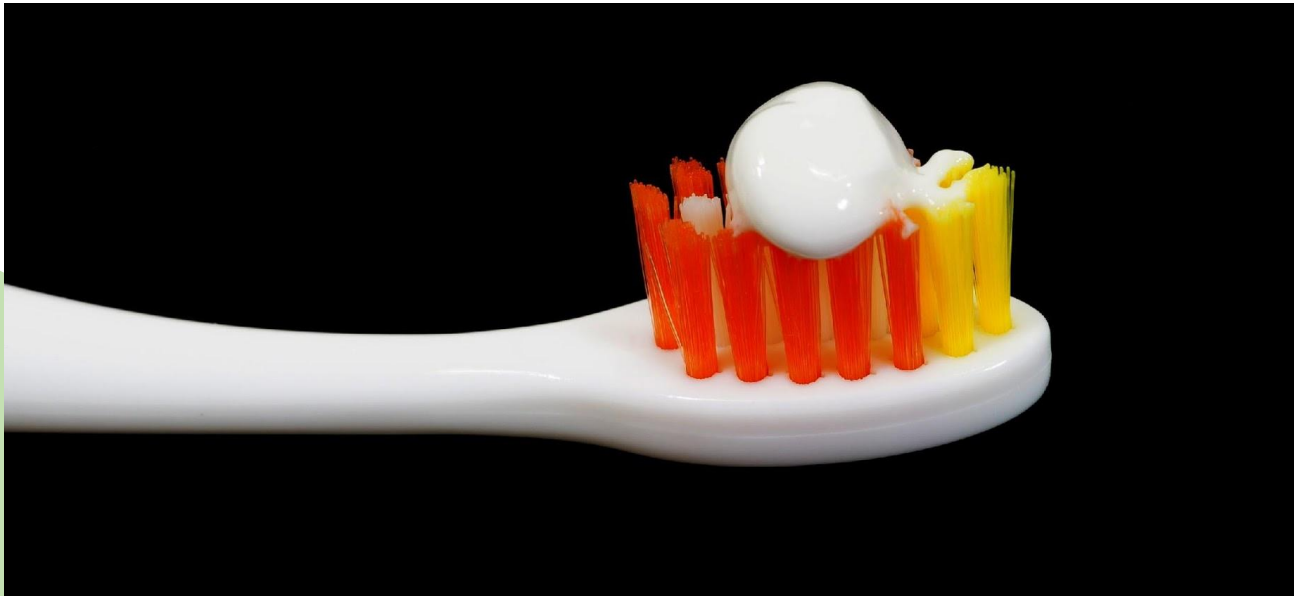
You can also use gauze

# Oral hygiene: Age 1-3 years



Use a small, soft toothbrush with a **rice amount of toothpaste**

# Oral hygiene: Age 3-6 years



Use a small, soft toothbrush with a pea size amount of toothpaste



Don't forget the back teeth - lift the child's lip back to help you see where you are brushing



# Oral hygiene: > 6 years



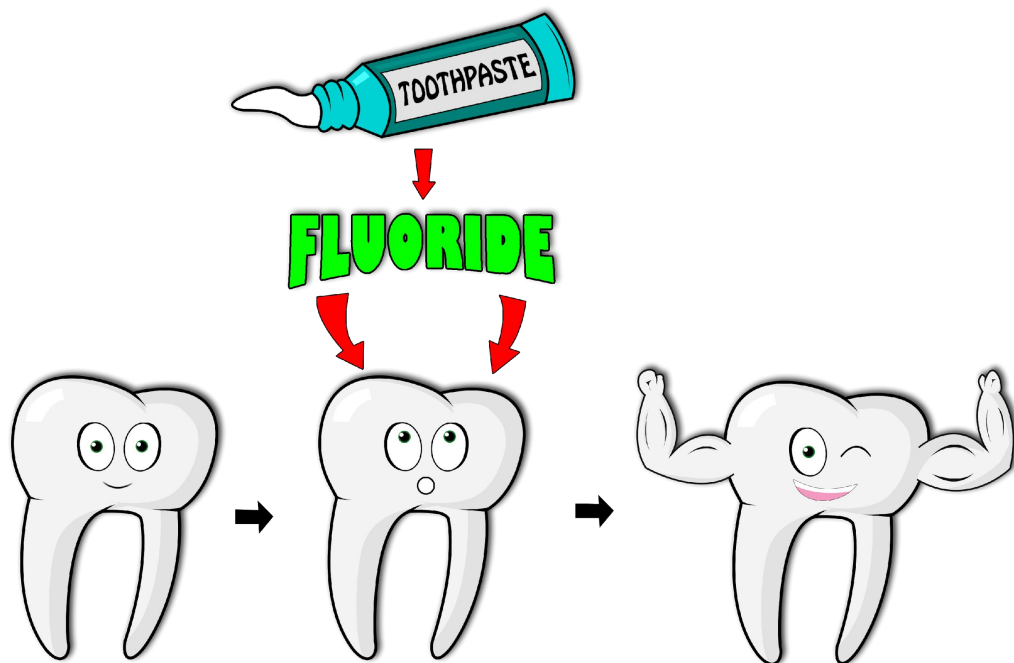
Watch them when they are brushing their teeth.

Brush together

# Fluoridated toothpaste



Use children's toothpaste that has fluoride – this makes teeth strong





# Flossing



♪ When the back teeth are touching,  
it is time to start flossing ♪



Using a floss holder can be helpful

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2. “Wiping gums with washcloth” by Andrew Hoang licensed under [CC BY 4.0](#).
3. “Gauze” by Andrew Hoang licensed under [CC BY 4.0](#).
4. “Wiping gums with gauze” by Andrew Hoang licensed under [CC BY 4.0](#).
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6. “Pea-sized amount of toothpaste” by Andrew Hoang licensed under [CC BY 4.0](#).
7. “Teefs!” by [makelessnoise](#) licensed under [CC BY 4.0](#).
8. “Effect of fluoride” by Andrew Hoang licensed under [CC BY 4.0](#).
9. “Flossing child’s teeth” by Andrew Hoang licensed under [CC BY 4.0](#).
10. “Floss holder” by Andrew Hoang licensed under [CC BY 4.0](#).



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