

Description • Often not providing supplements recommended as essential:
 ○ <36mo 0.25mg fluoride, 36-60mo .5mg fluoride and 400 IU Vit D for child receiving <1 quart of fortified milk a day

Assess Readiness for Change: with open ended questions

- “What did Sam’s dentist suggest regarding fluoride for Sam?”
- “Sam is not getting a fluoride supplement. Why did you choose not to give one?”

Discussion, Counseling and Education

If the answer is:	Try Counseling Strategies	Try Education
Not ready → “Too much fluoride is toxic. I’m not going to give it.” Raise awareness & personalize change	<ul style="list-style-type: none"> • “You’re right, too much is dangerous, as when a child swallows toothpaste. >2yr olds need a “pea “size amount of toothpaste. 6mo to 2yrs, ask your dentist how much toothpaste to use and if he needs fluoridated toothpaste.” • “Besides his toothpaste, where else is Sam getting fluoride?” • “What has Sam’s Dr and Dentist recommended?” 	<ul style="list-style-type: none"> • “Sam is eligible for WIC because he does not get enough fluoride. Since your water is not fluoridated, a supplement is recommended. It sounds like you are against giving fluoride? Would you like some information on the causes of fluoride toxicity?”
Record Plan or Goal	Mom does not want fluoride. Referred mom to CDC toxicity site & dentist. See if mom still against next appointment.	
Unsure → “I thought since I brush his teeth that was enough.” Raise awareness & confidence & identify barriers to change	<ul style="list-style-type: none"> • “Brushing is important. Not all toothpaste contains fluoride but many do. Check your label. Even if it does, a supplement is recommended since your water is not fluoridated. How comfortable would you be in using a supplement?” • “On a scale of 1-10, how worried are you about using a fluoride supplement?” 	<ul style="list-style-type: none"> • Fluoride: <ul style="list-style-type: none"> ○ Anchorage-fluoridated. Others-ask water supplier ○ Have well tested- some naturally contain fluoride ○ Bottled- may or may not have added fluoride ○ Not all toothpaste contains fluoride ○ Excess fluoride- causes pitting/staining of teeth <ul style="list-style-type: none"> ▪ Toxic at high levels ○ Children 2-6yr, limit toothpaste to “pea size”, 6mo to 2yr dentist should recommend amount • 400 IU Vitamin D supplement when any child consumes <1qt of fortified milk a day
Record Plan or Goal	Mom unaware needed supplement. Agrees to talk to Dr about prescription. Follow-up if obtained next appointment.	
Ready → “I’m on a well. I was told wells contain fluoride naturally.” Help plan change-support	<ul style="list-style-type: none"> • “Some but not all wells do contain small amounts of fluoride. The water would need to be tested. How would you feel about getting your water tested for fluoride content?” 	<ul style="list-style-type: none"> • “You can get water tested in town at xx (or refer to local Health Department or Environmental Health Department).”
Record Plan or Goal	Family renting. Mom will talk to landlord to see if well was tested. Gave mom contact to state Department for testing.	

Education Resources
<http://www.ada.org/4378.aspx> Resource- *Fluoridation Facts- ADA*
http://www.cdc.gov/fluoridation/fact_sheets/#1 Resource- *Fluoridation*
http://kidshealth.org/parent/growth/feeding/fluoride_water.html# Resource- *Kids Fluoride Needs*
<http://www.healthychildren.org/English/healthy-living/nutrition/Pages/Vitamin-D-On-the-Double.aspx> Resource- *Vitamin D on the Double*