Disclosure

- I have no relevant financial relationships with the manufacturers(s) of any commercial products(s) and/or provider of commercial services discussed in this CME activity.

- I do not intend to discuss an unapproved/investigative use of a commercial product/device in my presentation.
Objectives

• Learn about the American Academy of Pediatrics (AAP) program Brush, Book, Bed (BBB)

• Review the key teaching points behind the messaging of BBB

• Discuss how this program can be initiated at the level of an individual practice and across the state as a whole

• Introduction to adjunct goals of our chapter along with BBB

About me

• From Wichita, Ks
• Residency- Barbara Bush Children’s Hospital at Maine Medical Center
• General Pediatrician at Ascension Via Christi in Wichita
  • Hospitalist, Clinic, Newborn

• Dental Champion w/ Oral Health Kansas
• KAAP Oral Health Advocate

KidFest 2018  Wichita, Ks
Brush, Book, Bed is an AAP Program with a simple and clear message for parents:

Each night:

1. Help your children to brush their teeth
2. Read a favorite book (or two!)
3. Get to bed at a regular time each night.

The program is intended for children 6 months to 6 years old, similar to literary programs across the country, i.e. Turn A Page, Touch A Mind (TAP-TAM)

www.HealthyChildren.org/BrushBookBed

Goal

• Promote Brush, Book, Bed throughout the entire state
• Messaging provided at every 3 year old Well Child Check
• Families also provided with a free toothbrush and age-appropriate book encouraging good dental health

• Intention:
  • Improve statewide pediatric dental hygiene, childhood literacy, and youth sleep hygiene
• Partner with TAP-TAM to provide a book with a dental health message to children at 3 year old Well Child Check visit

• Confirm a dental home has been established and patient has visits every 6 months

• Partner with Delta Dental to provide a toothbrush at same visit

• Side goal: Toothbrushes to be ecologically lower impact with bamboo handles

• Provide families with the AAP’s BBB Caregiver Handout
**Brush, Book, Bed**

- A consistent wind down routine helps send signals to your child’s body that it is time to go to sleep, and stay asleep
- This routine works even better when initiated at nearly the same time every night

**Routine is Key**

- Stable routines help a child to feel safe, reduces stress, and participate in daily activities more successfully
- Bedtime can be a very stressful time in many households due to a lack of routine the child can rely on consistently
• Early Childhood Caries (ECC) is a particularly virulent form of caries that spreads rapidly in the mouth and can result in severe forms of dental disease.

• Regular brushing can help remove some of the harmful bacteria that causes caries as well as removing the food particulates the bacteria thrive on.


• Even infants should have their gums wiped after each feeding.

• Once the first tooth appears parents can start brushing using a smear of toothpaste.

• Beginning at 2-3 years old children should start brushing twice a day, using a soft bristle brush and a pea-sized amount of fluoridated toothpaste along with the supervision/assistance of a parent.
• Reading to an infant or child greatly increases their language comprehension

• Children are more likely to interact with books when this behavior is modeled by adults

• Children develop literacy skills more quickly when they have immediate and personalized feedback by a present adult (versus electronic media)

https://mytoddlerisreading.com/how-to-teach-a-3-year-old-to-read-at-home

• Remind parents they do not need to be literate or speak the same language in the book to help pass on certain literacy skills and a joy for books

• “It’s not about the words.”

• Books with messages about dental health help prompt the child and parents to review good dental hygiene practices and their daily importance
Screen exposure is contributing to less sleep and a poorer quality of sleep in all ages.

Having a consistent wind-down routine helps increase the amount of time between last screen exposure and attempts to fall asleep.

Children are more likely to stay asleep through the night if they have a consistent routine.

Adequate sleep promotes a healthier immune system, better school performance, behavior, memory, and mental health.

Inadequate sleep contributes to irritability, difficulty concentrating, hypertension, obesity, headaches and depression.
Support Materials

• Posters, bookmarks, stickers

• Also available in Spanish
Steps to Implementation

1. Get buy-in from your practice and co-workers.
2. Identify a Brush, Book, Bed Champion who will coordinate the program, and inspire the staff.
3. Get training for staff on oral health, early literacy, and sleep. This includes coding/billing information and where to order dental supplies.
4. Obtain supplies and set up the practice for easy implementation. This may take a few PDSA cycles to find out what works best in your particular office.
5. Reach out to dental referral sources and establish relationships/make them aware of your efforts around Brush, Book, Bed.
6. Consider if you will need to receive donations of books, tooth brushes, etc. It may be possible to partner with a community organization, dentist, or to host a book drive to reach your goals.
7. Develop a sustainability plan and/or evaluation plan using the survey tool included in the appendix or some other assessment.
8. Make small goals (such as varnishing 25% of your patients under age 3) and celebrate when they are achieved.

Final Pearls

• Consider making this a mini-focus at all 3 year old well child checks

• Update electronic visit templates

• Download the free support materials from the AAP to provide to families

• Keep a look out for the TAP-TAM approved dental health book to accompany this discussion

• Hopefully anticipate an accompanying toothbrush
Thank you