



Healthy Smile Happy Child

John Buhler Research Centre
Room 501B, 715 McDermot Avenue
Winnipeg, MB R3E 3P4
Tel: (204) 789-3500; Fax: (204) 977-5691

Quarterly Report July - September 2008

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

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

Date submitted: October 21, 2008

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:

Feature story of community based oral health initiatives:

Military Family Resource Centre in the Winnipeg Regional Health Authority (WRHA) is using resources in the nursery school, play groups, and parenting classes. The nursery school staff are engaging in oral health activities with children and sending home toothbrushes. The creative tots play group staff are talking about oral health in their group sessions and playing the true/false game during snack time. The parenting group staff are talking about oral health and sending home handouts with parents. Posters and handouts are also posted on bulletin boards around the Resource Centre.

Public Health

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

- Healthy Baby Coordinator reports that some Healthy Baby Facilitators are offering oral health information to parents in their groups. The Coordinator feels comfortable in passing workshop messages on to Healthy Baby facilitators. They give out toothbrushes as prizes (CRHA).
- Families First Supervisor had copies of the HSHC resources made for all the home visitors. Home visitors have used the BINGO game with kids and find that the "So Sweet Bottles" have the biggest impact. The workshop helped to make staff more aware of the importance of talking about early childhood oral health with their families (CRHA).
- Public Health nurses are using handouts at Child Health Clinics (CRHA).
- Families First home visitor use the resources that best complement within the Physical Care Module of their curriculum and reports that integrating the material is not a problem and any questions that are raised by parents can be answered by using the flipchart resource (CRHA).

NOR-MAN & Parkland regions:

- Waterhen Primary Health Care Centre promotes gardening and healthy eating in their community and they have a small plot in front of the Centre (Parkland).

Winnipeg (WRHA) and Interlake (IRHA) regions:

- Assiniboine South Public Health team handing out newborn guidance package at postpartum visits (WRHA).

- St. Vital Community Facilitator connecting with Public Health nurses regarding the inclusion of an oral health education session in existing English as an Additional Language (EAL) classes (WRHA).
- Downtown WRHA Community Facilitator has connected with SMILE *plus* regarding potential to develop a partnership to address the oral health issues in the Spence Neighborhood (WRHA).

Early Childhood Programs

- Hope Centre Children's Program is facilitating their own oral health activities with children during their summer program (WRHA).
- Happiness Is Daycare Centre includes an oral health session twice a year, have a toothbrushing program, provide information for parents, and limit junk food and try to decrease sugary foods. One parent is a dental professional and she did a teaching session with all the children (WRHA).
- P'tit Bonheur Daycare hung "think about your baby's teeth" posters in the hallway of the centre, eliminated juice and sippy cups, limit the amount of sugar offered, and the Daycare Director shared information from a workshop with staff (WRHA).
- Panda Bear Daycare include oral health information during dental month, provide toothbrushes to the children, and the Daycare Director forwarded workshop information to contacts at Child and Family Services (WRHA).
- St. Boniface Children's Place d' Enfants mentioned that the workshop was a good reminder for them and the resources were great to bring to staff. They use the flipchart during group time with the children (WRHA).
- Wild Honey Children's Centre Inc. staff made the sippy cup with sugar resource, have information available for parents, and have a toothbrushing program (WRHA).
- Earl Grey Children's Centre preschool room staff put together a parent educational board and do a unit on oral health twice a year. The Daycare Director felt that the information provided was self-explanatory and that staff were able to pick up resources and use them immediately (WRHA).
- Pediatric MB Home Nutrition Program at the Rehab Centre for Children gives out toothbrushes and toothpaste to clients. For those that have oral aversions and cannot brush, staff discuss alternative ways to clean the mouth (WRHA).
- Weebairns Infant Care Centre staff are teaching "lift the lip" with parents and sending home washcloth/information packages with parents (WRHA).
- Daycares in Transcona are conducting parent presentations and re-initiating toothbrush programs (WRHA).
- Military Family Resource Centre is using resources in the nursery school, play groups, and parenting classes. Nursery school staff doing oral health activities with children and sending home toothbrushes. Creative Tots play group staff are talking about oral health in their group sessions and playing the true/false game during snack time. Parenting group staff are talking about oral health and sending home handouts with parents. Posters and handouts are posted on bulletin boards (WRHA).
- After the workshop, the Acting Director of a Central region Daycare taught staff how to brush the children's teeth properly and they now brush teeth after meals at the Centre. This Daycare has plans to create the bottle with sugar resource and make a display in their entrance where parents can access it (CRHA).

Aboriginal Communities/Programs

- Crane River Community Health Worker talks about oral health on home visits (Parkland).
- The Roseau River First Nation Head Start program runs a toothbrushing program and applies fluoride varnish when needed. Staff will inform parents about the status of their children's teeth and encourage them to seek further dental care when needed. Children are given toothbrushes to use at home and oral health information given to parents. Water is offered most often and they try to limit the amount of sugar (CRHA).

- Nurses at Roseau River Health Centre have provided anticipatory goodie bags to children in the past and they continue to provide tools like wash clothes and toothbrushes during their home visits (CRHA).
- The school at Roseau River First Nation is looking at establishing a toothbrushing program (CRHA).

Schools and Community Organizations

- Family Centre in Winnipeg distributes toothbrushes to participants in the Family Education Program (WRHA).
- Healthy Child Coalition Central has advertised to their members the oral health resource kit that is available to borrow and use (CRHA).
- Child and Family Services worker has used the resources with clients with families (CRHA).

Dental/Medical Offices

- Multiple Dental, Pediatrician, Obstetrician, and Family Practice offices have requested copies of the resources after receiving a mailing with the information (WRHA).

Regional Health Authorities

- IRHA included an oral health display at the Mobile Wellness event in Dauphin River and will do the same in the next three upcoming events with First Nations communities (IRHA).
- WRHA Community Facilitators are informing their contacts and community groups of the opportunity to borrow the HSHC community poster and resource kit so they can include oral health in their programs and services (WRHA).

Challenges:

- It is difficult to do appropriate follow-up with some of the Northern First Nation communities due to travel.
- Some mailings to First Nations communities never reach intended individuals.
- Many programs were on hiatus for the summer months not interested in starting anything new until the fall.

Community Involvement/Partnerships

Project Activity:

1) Phase II Evaluation

- Project Coordinator presented Phase II results to Roseau River First Nation on July 29th, 2008.
- Currently in the early stages of preparing a manuscript of findings for journal publication.

2) Community and Professional Contacts

Burntwood/Churchill Regions:

- Professional Groups trained – Lac Brochet agency nurses, Lac Brochet Canadian Prenatal Nutrition Program (CPNP), Aboriginal Diabetes Initiative (ADI), Better Futures Initiative (BFI), Daycare staff member, and school staff, and BRHA Healthy Baby outreach worker.
- Met with the new clinical dietitian in BRHA and reviewed resources and possible ways to incorporate them into practice.
- Inquired about BRHA purchasing oral health magnets.
- Organized office and making up resource packages for the fall.
- Presented at God's Lake Narrows First Nation Annual Youth Conference.
- Met with BRHA/Churchill new Medical Officer of Health about HSHC.
- Partnered with Grassroots mentoring program for Fetal Alcohol Spectrum Disorder (FASD) Day walk. Handed out toothbrushes during the walk.

- Worked on a new contact letter to send to First Nations communities that have had no contact with HSHC yet.
- Worked on completing the Community Capacity Evaluation forms for all existing programs and community visits.
- Waiting for the new Public Health nurse position in Churchill to be filled and then plan travel there in the fall.

NOR-MAN/Parkland Regions:

Community Facilitator left the position on August 15, 2008.

- Professional Groups trained – The Pas Primary Health nurse, Easterville/Chemawawin Cree Nation nurse-in-charge, Skownan Health Centre staff, Tiny Treasures Daycare staff in Grandview, and The Pas Children's Special Services (Family Service Worker and Early Childhood Education (ECE) student).
- Attended meeting with The Pas Midwives.
- Introduced HSHC to Children's Special Services summer student.
- Met with Swan River obstetrics ward Clinical Resource nurse.
- Provided support to various service providers.
- Distributed HSHC magnets to Public Health nurses and Healthy Baby community contacts in both regions.
- Prepared summary of regional activities report for Director of Public Health in Parkland region.
- Met with Early Childhood Educator (ECE) Program Instructor with University College of the North.

North Eastman/South Eastman Regions:

- Professional Groups trained – Fort Alexander Health Centre at Sagkeeng First Nation (Strengthening Families Coordinator and home visitors), Lac du Bonnet Children's Center Director, Beausejour Happy Time Nursery Co-op, Pinawa Sturton Nursery School Teacher, Richer Day Care, Anola Daycare Assistant Director and workers, Oak Bank Kids Corner Director and worker, Pinawa Daycare Director, Beausejour Kids Corner Director and Assistant Director, and Tyndall Daycare Director and Assistant Director.
- Provided project introduction to NEHA/SEHA Daycare Directors at monthly meeting.
- Met with Dugald and Oakbank Daycare Coordinators.
- Connected with SEHA Program Manager for list of Daycare Centres in SEHA.
- Worked at connecting with Daycares in both regions.
- Left information and pamphlets at the Pinawa Dental office.
- Met with Lac Du Bonnet Wellness Facilitator and provided handouts for the District Health Centre.
- Met with Primary Care Manager in Beausejour to discuss plans for the next year and HSHC.
- Sent letters to all dentists in NEHA and SEHA about HSHC and referenced the website where they could access resources.
- Met with Super Start Team Leader in SEHA and provided HSHC magnets for Families First Coordinators.
- Met with Assistant Director of Les Chouettes de Lorette Inc. and provided resources.
- Met with Tache Community Daycare Director and provided resources.
- Connected with regional Daycare Coordinators for both regions.
- Worked at connecting with the Eastern Region for Child and Family Services.
- Provided French and English resources to Ste. Anne's Hospital, Seine Medical/Dental Center, South Eastman Health Centre, and other hospitals in SEHA.

Central/Assiniboine/Brandon Regions:

Community Facilitator left the position on August 25, 2008. Position filled on September 29, 2008.

- Continued to refine work plan for 2008/2009 year of funding with all three regions.
- Mentored two volunteers for ARHA for next year's Teddy Bear Picnics.
- Prepared report on Roseau River First Nation oral health initiatives.

- Interview with Urban Institute's researchers for input into Central's social planning initiative.
- Information about the newly developed FNIHB resources was sent to RHA's.
- Article on the HSHC resource kits prepared for each region sent to regional newsletters as well as the child coalitions to let them know about the resources available.
- A steady stream of requests for additional copies of handouts continue to be received from the Public Health teams in all 3 regions.
- Attended Portage Community Network board meeting and helped to organize a focus group for the social planning initiative.
- Sent oral health article to be published in CRHA Healthy Child Coalition September newsletter highlighting oral health resource kit available for programs to borrow.

Winnipeg/Interlake Regions:

- Professional Groups trained – St. James-Assiniboia/Assiniboine South Leadership Team, and St. Boniface/St. Vital Leadership Team.
- Prepared packages of magnets to be sent to Healthy Baby programs.
- Information about the newly developed FNIHB resources sent to contacts in both regions.
- Met with WRHA Community Facilitator for St. Vital and Downtown community areas to provide community poster and discuss plans for upcoming year.
- Sent oral health magnets to Winnipeg Harvest to be inserted into packages that are sent to families with infants and/or expectant parents.
- Provided PDF files of the community poster to IRHA to be used to create their own handouts for prenatal classes and other IRHA programs where appropriate.
- Created additional HSHC resource kit for IRHA as per request.
- Provided 300 oral health magnets to the Family Centre of Winnipeg to distribute to participants in the Family Education Program, families that access the Family Resource Centres at four MB Housing complexes, and those who will participate in National Family Week.
- Reconnected with Winnipeg Child Care Coordinators regarding electronic resource package to send to all Daycares in Winnipeg.
- Followed up with WRHA Transcona Community Facilitator regarding oral health activity up to date.
- Provided magnets to infant lab instructors at Tec Voc High School, Gordon Bell High School, and Children of the Earth High School which will be incorporated into student orientations packages.
- Sent remaining magnets to Team Manager – Healthy Parenting and Early Childhood Development to be used within the Families First program.
- Forwarded IRHA information on how to order oral health magnets as they are interested in making this a sustainable resource within the region.
- Completed community development/capacity building forms for programs within both regions.
- Corresponded with Manitoba Foster Family Network to determine the best way to reach foster families. Sent oral health article to be published in their next newsletter which is sent to ~ 3000 families in Manitoba.
- Attended meeting with SMILE plus and Mount Carmel Clinic regarding collaboration on reaching Daycares in Point Douglas with a fluoride varnish application and education initiative. Attended Point Douglas Directors meeting with SMILE plus to present initiative.
- Developed oral health activity report and created resource packages for Seven Oaks/Inkster Leadership Team meeting.
- Attended speed networking session in River Heights put on by the Community Development Information Sharing Working group.
- Connected with Interlake Community Development worker from MB Foster Familie Network regarding opportunities to partner.
- Continued to work at connecting with Interlake Child and Family Services.
- Resources sent to all the kindergarten teachers in Interlake School Division #21.

- Contacted Interlake Recreation Directors regarding opportunities for collaboration. HSHC project information is being distributed among Recreation Directors in the region.
- Updated Interlake activity report and sent to regional contacts.
- Followed up with Early Childhood Development Committee District Chairs and Co-Chairs regarding HSHC activity to date in the Interlake and further opportunities.
- Worked on completing the Community Capacity Evaluation forms for all existing programs and community visits.
- Met with Strengthening Families Coordinator, to provide introduction about HSHC and she will pass along the information to their facilitators.
- Spoke with individual at Mother of Red Nations and mailed out package of resources and she will discuss possibility of workshop etc. with board.

3) Presentations:

July 2008

RHA	Train the Trainer Workshop		Parent/Caregiver Presentations		Contacts made	
	# Workshops	# Participants	# Presentations	# Participants	Direct	Indirect
Assiniboine	0	0	0	0	35	85
Brandon	0	0	0	0	6	3
Central	0	0	0	0	55	5
Burntwood	0	0	1	12	12	0
Churchill	0	0	0	0	0	0
NOR-MAN	2	2	1	19	1	8
Parkland	2	10	0	0	1	17
Winnipeg	1	7	0	0	4	520
Interlake	0	0	0	0	1	73
NorthEastman	1	6	1	28	10	6
SouthEastman	0	0	0	0	0	0
Total	6	25	3	59	125	717

Maternity Ward visits in Burntwood Region – 51

August 2008

RHA	Train the Trainer Workshop		Parent/Caregiver Presentations		Contacts made	
	# Workshops	# Participants	# Presentations	# Participants	Direct	Indirect
Assiniboine	0	0	0	0	9	1
Brandon	0	0	0	0	7	0
Central	0	0	0	0	30	0
Burntwood	0	0	1	350	3	0
Churchill	0	0	0	0	0	0
NOR-MAN	1	2	0	0	0	0
Parkland	0	0	0	0	0	0
Winnipeg	1	9	0	0	7	10
Interlake	0	0	0	0	1	100

NorthEastman	5	10	5	121	14	52
SouthEastman	0	0	0	0	3	0
Total	7	21	6	471	74	163

Maternity Ward visits in Burntwood Region – 28

September 2008

RHA	Train the Trainer Workshop		Parent/Caregiver Presentations		Contacts made	
	# Workshops	# Participants	# Presentations	# Participants	Direct	Indirect
Assiniboine	0	0	0	0	0	0
Brandon	0	0	0	0	0	0
Central	0	0	0	0	0	0
Burntwood	3	10	1	300	3	280
Churchill	0	0	0	0	0	0
NOR-MAN	0	0	0	0	0	0
Parkland	0	0	0	0	0	0
Winnipeg	0	0	0	0	50	10
Interlake	0	0	0	0	18	0
NorthEastman	3	4	7	116	14	3
SouthEastman	1	2	0	0	13	3
Total	7	16	8	416	85	296

Maternity ward visits in Burntwood region – 38

4) Community events:

July: Carberry Teddy Bear Picnic

August: Canupawakapa Health Day – resources sent
Pine Falls Picnic in the Park – Safe and Healthy Kids
Families First Park Day at Selkirk Park
God's Lake Youth Conference

September: Lynn Lake community Health and Fun Fair
FASD Day walk – partnered with Grassroots Mentoring

5) Media: Dr. Schroth was interviewed by a writer for the Free Press for a special insert of research at the Manitoba Institute of Child Health. Early Childhood Oral Health was a featured article in the 27 September 2008 edition.

Collaborative Activity

1) The Faculty of Dentistry is working with Johnson & Johnson on a project to raise the awareness of Oral-Systemic Health Connections. At a recent J&J visit to Manitoba in September 2008, Dr. Schroth presented his research along with the activities of HSHC. J&J were very pleased and interested in the project's activities. The Dean of Dentistry has indicated his interest and the Faculty's interest in partnering with HSHC to improve the oral health of young children in Manitoba. Messages on early childhood oral health and ECC prevention could possibly be included in the new inter-professional curriculum that is being developed by the Faculty and J&J to educate the other health disciplines.

2) A representative from HSHC has been invited to participate on two committees initiated by the MDA. These committees relate to the first free dental visit and oral health school curriculum initiatives by the MDA.

3) Dr. Robert Schroth, Dr. Lise Pinsonneault, and Project Coordinator presented "Healthy Smile Happy Child: Using Telehealth to Promote Early Childhood Oral Health" via videoconference at the American Telehealth Association mid-year meeting in September 2008.

4) Inquiries continue to be received from numerous jurisdictions outside of Manitoba.

Feedback/Evaluation/Research

- Qualitative Evaluation study findings are now available online.
 - We will begin to work on a manuscript for publication in the next quarter.
- Qualitative Cultural study
 - HSHC received grant funding from the Manitoba Institute of Child Health to complete a series of focus groups to explore different cultural perceptions about early childhood oral health. Two focus groups (with an urban Aboriginal population and a Hutterite Colony) were completed in June. Additional focus groups are planned for October/November with Immigrant and Refugee populations.
- Pre/Post Test Workshop Questionnaire update
 - A manuscript for publication was submitted to Pediatric Dentistry in September 2008. The article is titled "The impact of community workshops on improving early childhood oral health knowledge."

Staff Development

- Manitoba Health will again support 2 STEP students working part-time during the 2008/2009 school year.
- Support and management of STEP student activities includes: help with qualitative study, literature reviews, database entry, development of displays, and other administrative tasks.

Administrative/Research Activity

- All database entry is up to date.

Planning for next Quarter

- Use of MB Telehealth for training in remote/isolated communities.
- Displays at conferences and community events.
- Continued communication with dental services and the profession throughout Manitoba.
- Development of a publication describing the intersectoral partnership and community development approach in addressing ECTD.
- Begin manuscript preparation for phase II study and qualitative research activities.
- Work with the Regional Health Authorities to ensure that the knowledge and materials that will assist in promoting overall good health and disease prevention are shared in preparation of the newly funded Community Activator positions.