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**From:** Oral Health Kansas [jparnell@oralhealthkansas.org]  
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**ORAL HEALTH KANSAS**  
*Weekly Wednesday Update*

*Our Mission:  
To improve oral health  
in Kansas through  
advocacy,  
public awareness  
and education.*

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## **October is National Dental Hygiene Month**

For more information on National Dental Hygiene Month

## **Healthy Celebrations for Healthy Teeth**

**by Cathy Gray, Healthy Kansas Kids Director  
Child Care Aware® of Kansas**

Special occasion celebrations like Halloween, holidays and birthdays are an important part of a child's social development. When food is part of a celebration, parents and caregivers can support healthy habits by ensuring that the snacks and treats are healthy options for young bodies. Best of all, you don't have to eliminate the fun factor! Here are some tips to consider when choosing treats and snacks for children.

[CLICK HERE](#)

Oral Health Kansas has many resources on our website to help with education on good oral health.

To view our resources [CLICK](#)



[HERE](#)

## 2011 Conference Handouts and Continuing Education Certificates

OHK and KAMU conference materials will be available online for a limited time. The handouts provided to us by workshop presenters and keynote speakers are available on our website.

To view and print the materials for the sessions [CLICK HERE](#)

Continuing Education Certificates are still available for anyone who did not pick them up at the conference. Just send an email to [Julie](#) stating which session you attend for the Dental CE's

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Treats/Handouts to Avoid...	Why?
Licorice, sticky/chewy sweets, fruit chew snacks	High sugar content; Sticky foods stay on teeth longer, and cavity-causing germs cause an "acid attack" that weakens teeth and leads to decay
Candy with crunchy or hard coating	High sugar content; Small particles stick in crevices of teeth, especially in molars that children have difficulty reaching with their toothbrush
Hard candy, citrus-flavored candies or suckers	Choking hazard for young children; candy and suckers coat teeth in sugar over a longer time.
Tiny graham crackers and granola bars	Moderate sugar content; Small particles stick in crevices of teeth
Snacks/Celebration foods to Limit...	Why?
Cupcakes, cookies, baked goods	High sugar content, low nutritional value
Pop, fruit-flavored punch	High sugar and acid content, creates an "acid attack" in the mouth that leads to tooth decay
Chips, crackers, pretzels	Small particles stick in crevices of teeth

Offer no-calorie treats and create celebrations that are about fun and sharing, such as:

- stickers
- pencils
- pencil toppers or erasers
- mini-bottles of bubbles (found at party supply stores)
- spider rings
- bouncy balls
- sugar-free gum
- mini containers of play dough

If you must provide a sweet treat, remember: smaller is better. Consider bite size chocolates that melt away and leave the mouth quickly, like Kisses, Peanut Butter Cups or a Peppermint Patty.

For more ideas on healthy celebrations, check out these resources:

- \* [Tasty Treats for Teeth Brochure](#)
- \* [Tasty Treats for Teeth Cookbook](#)

## University Announces Registered Dental Practitioner Training Program

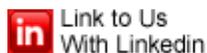
Fort Hays State University has announced it has intentions to offer a program to train registered dental practitioners. Fort Hays is the first university to announce they will offer the training program if it is passed by the Kansas Legislature. Fort Hays State University President Ed Hammond told a legislative committee last week that private funding would be procured to launch the training program, and tuition would sustain the program.

The Kansas Dental Project introduced two bills in the Kansas Legislature, HB 2280 and SB 192, in February to create a registered dental professional (RDP). The proposed RDPs are mid-level dental care providers, who would be allowed to perform preventative and routine services like cleanings and fillings. Students would be required to complete 18 additional months of training after becoming a dental hygienists, as well as complete 500 hours of field experience, and pass a test before being considered an RDP. The midlevel professional would work under the supervision of a dentist

The Kansas Dental Project is led by Kansas Action for Children, Kansas Association for the Medically Underserved, and the Kansas Health Consumer Coalition.



If you have an idea, story or suggestion for a Oral Health Kansas Weekly Wednesday Update please send an email to [jparnell@oralhealthkansas.org](mailto:jparnell@oralhealthkansas.org)



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