

### Discussion Questions

#### Instructions for the Parenting Instructor:

The discussion questions are a tool to help you to grow your relationship with your client. They help to promote discussion on the topic of the lesson, and they will help you to better understand the heart of your client and her needs. This is accomplished through sharing, connecting, and caring.

1. Do not give this page to your client. It is only for your reference when talking to your client.
2. The tips written below each question help you to know what to listen for or how to start a conversation if you have a reserved or quiet client.
3. Find ways to affirm your client and gently guide the conversation.

1. What kind of oral health routines did you have as a kid? Did you have a lot of cavities?

***This question is designed to help your client think about her own childhood experience with being taught how to care for her teeth. If her parents didn't care about her baby teeth, then she might be inclined not to care about her child's teeth. Also, some of the old practices, such as putting a child down with a bottle, are now known to be unhealthy. We know so much more today about the importance of good oral hygiene and how it helps a child to have good health overall. She may not be able to use her childhood experience as a model for how to care for her child's teeth.***

2. What scary or unpleasant dental experiences have you had? How can you help your toddler have a positive experience?

***Many of us have had bad experiences at the dentist's office. Maybe a filling where you weren't completely numb when the dentist drilled, or an infected tooth that had to be pulled. This question is designed to help your client think about how scary those stories are to a child. We want our children to have a positive experience at the dentist. We need to be mindful of what they hear of our experiences.***

3. What are some fun teeth-brushing routines you will do with your children?

***This question is designed to help your client begin to think about fun routines. Some routines could be:***

- ***Book, bath, brush routine at night.***
- ***Let them pick out their favorite toothbrush.***
- ***Brush to a two-minute song.***
- ***Give them a sticker when they brush their teeth well.***
- ***Show off the teeth to Mom or Dad after brushing and give lots of praises.***

