

HRL PARENT WORKSHOP: HEALTHY EYES, EARS, AND TEETH

Workshop Developer:

Children’s Health Fund

Workshop Description:

This workshop will teach about the importance of vision, hearing, and oral health.

Key Points (knowledge to be gained):

1. Vision, hearing, and dental problems are Health Barriers to Learning
2. Know the signs and symptoms of vision and hearing problems and dental pain
3. The importance of screening and follow-up for these health issues

Short Term Objectives (actions to be completed during the workshop):

1. Parents will learn the importance of screening and follow- up for these health issues.

Long Term Objectives (longer-term actions that we’re aiming toward):

1. Treatment or correction for these health problems will be maintained.

Materials:

1. Presentation with access to internet for vision activity
2. Post-Workshop Surveys

Workshop Lesson Plan: See presentation for additional facilitator information/notes

Timing	Slide	Actions	Material Needed
1 min	Slide 2	Introduce topic	
3 mins	Slide 3	Allow participants 3 mins to talk about this question with the person to the left or right of them.	
3 mins	Slide 5	Allow participants a few moments to think about the answer. Ask participants to raise their hand and discuss as a group.	
3 mins	Slide 6	Click on the link to display what it looks like when a child cannot see. Reset the prescription to read 0.0 in all boxes to show the comparison of the image as if the child had 20/20 vision.	
1 min	Slide 9	Mention: If you receive a letter that your child has been screened in school and should receive a follow-up screening and eye exam, try to take your child as soon as possible. The eye doctor will screen your child again and help you take care of any problems. Talk to someone in your school or your child’s pediatrician if you need help finding an eye doctor.	
3 mins	Slide 10	Go through each line individually. The last three bullets will dispel myths that parents may have about glasses. Be sure to mention that a child’s eyesight may get worse because of age and	

		natural progression of a vision problem. The glasses are not making a child's vision worse but are correcting it.	
2 mins	Slide 11	Mention that Amblyopia should be found as early as possible. If a child is over the age of 8, it may be harder to treat. This could lead to blindness in one eye.	
3 mins	Slide 12	Allow participants 3 mins to talk about this question with the person to the left or right of them.	
3 mins	Slide 14	Allow participants a few moments to think about the answer. Ask participants to raise their hand and discuss as a group.	
2 mins	Slide 16	Mention: All children should be screened for hearing at the time they are born. Sometimes hearing problems develop as a child gets older. If your child is screened and may have a problem, take them to the doctor as soon as possible. This will help distinguish if it is a common problem like an ear infection or ear wax or if it's a more serious problem that requires more treatment.	
3 mins	Slide 18	Allow participants 3 mins to talk about this question with the person to the left or right of them.	
2 mins	Slide 22	Mention: Visiting the dentist at least twice a year will help keep your child's teeth healthy. Regular cleanings and exam can help prevent cavities or catch them before they get worse and painful.	
2 mins	Slide 24	Mention: You can help take care of your child's teeth at home! Make sure your child is brushing their teeth twice a day – once in the morning and once before bedtime. Children should also floss once a day.	
3 mins	Slide 25-26	Go through today's takeaways and discuss any questions participants may have on the topic.	
4 mins	Administer post-workshop surveys.	Ask participants to complete the survey they received at the start of the workshop. Collect the surveys from all participants.	Post Surveys



Healthy Eyes, Ears, and Teeth

Parent Workshop

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Today's Takeaways

- **Vision, hearing, and dental problems are Health Barriers to Learning**
- **Know your signs and symptoms**
- **Make sure your child is screened and follow-up!**

Facilitator Notes:

In this session we will... (read through the takeaways) click for bullet points

Vision, hearing, and dental problems are Health Barriers to Learning. These problems can affect success in school. Vision problems may impact your child's learning. Hearing problems make it harder for a child's speech to develop. Tooth pain can cause your child to be unfocused in the classroom.

Know your signs and symptoms. Being aware of the difference signs and symptoms can help identify problems early and will help your child lead a healthy life

Make sure your child is screened! Your child's doctor can help you screen for certain problems or connect you to other doctors who can help. Sometimes screenings happen in your school, so make sure your child is in school that day.

Thinking Question

How does not being able to **see** affect a child during school?

Facilitator Notes: Ask the audience this question and allow a moment for thinking. Allow participants 1 min to give answers to the question. Feel free to let the participants shout out their answers or if this is a quiet group call on 1-3 parents to share their ideas.

Healthy Eyes

Most activities in school, like reading and writing involve seeing

If a child cannot see, they may not be able to:

- Focus or concentrate
- Read at the correct level
- See the board

If your child is having trouble seeing in the classroom, they may fall behind in the classroom.

Thinking Question

How many students have trouble seeing in the United States?



About 20%, or 1 in 5 students have a vision problem

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5

Facilitator Notes: Ask the audience this question and allow a moment for thinking. Then click to reveal answer

About 20% of students in the United States have a vision problem. This means about 1 in 5 students have a vision problem. In your neighborhood, the number may be greater.

Image: <https://openclipart.org/detail/228880/diverse-kids>

Activity

[What does it look like when a child cannot see and does not wear glasses?](#)

Facilitator Notes: Click on the link. It will bring you to a page of what it looks like a person is nearsighted (myopia). Then simulate when a person has perfect vision by entering 0.0 into all of the text boxes and pressing simulate.

Signs and Symptoms

A child may not tell you that he or she is having problems seeing

Signs of vision problems are:

- Trouble paying attention
- Trouble reading the board
- Headaches or eye pain
- Taking longer than expected to complete homework
- Squinting or sitting too close to the TV

Children may think the way they see is the way everyone sees. They may not be able to recognize they have a vision problem.

There are some signs to look out for (click through the bullets). You may notice these signs at home or your teacher may notice the signs in the classroom.

Vision Screenings

Children should have their eyes screened **every year**

Screenings are painless

Sometimes your child may be screened in school. **Make sure your child is not absent that day!**

Facilitator Notes:

The annual screening can also be done during a child's back-to-school physical.

Screenings do not hurt. Your child may be asked to read letters from a chart or book. They may also be asked to look at an electronic screener that can read your child's eyesight. Screenings show if your child may have a vision problem. If your child is screened and needs a follow-up visit, you should take them to the eye doctor. Screenings can help some vision problems from becoming worse - if a problem is found in a screening it can be treated quickly.

If you know that your child will be screened in school, make sure you fill out the necessary paperwork.

Eye Exams

If your child requires a follow-up from a screening, make sure to visit an eye doctor

An eye doctor can help make sure your child gets the right treatment


A child should see an eye doctor once a year if they have worn glasses before


If your child is referred to follow-up after a screening, it is very important that they go visit an eye doctor. A screening shows what children may have a vision problem. An eye exam will tell you if your child has a vision problem and, if so, what specific vision problem.

Your child may need glasses or other types of treatment, like an eye patch, to correct their vision. The eye doctor will give you specific instructions for your child - both for when they are at home and when they are in school. If your child gets specific instructions for school, make sure to tell his/her teacher, too.





If your child wears glasses or has any vision problem, you should make sure your go to the eye doctor once a year. Even if your child has received glasses once, his/her prescription may change as they become older.

There are resources available to help you find an eye doctor in your area that takes your insurance. Talk to a parent or health coordinator in your school or your pediatrician if you need help finding an eye doctor.





Will glasses...

- ...help my child if they are young? 
- ...make my child's eyesight worse? 
- ...give my child headaches all the time? 
- ...stop my child from playing sports or doing other activities? 

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10

Facilitator Notes:

If your child has a vision problem, they may be told they need to wear glasses. It is important to remember that glasses will help your child see better at home and in school, and may help them do better in school.

(Go through each line and click to see if True/False. If time permits, you can ask parents what they think before revealing the answer)

(...help my child if they are young) Even at a young age, children may need glasses to help them see. As your child gets older, their vision may change. It is important to go to the eye doctor once a year to see if your child needs new glasses. The doctor will give you specific instructions for wearing eye glasses.

(...make my child's eyesight worse) Glasses will not make eyesight worse. The lenses will adjust your child's eyes so they can see better. Many children with poor vision have worsening vision over time because, as they grow, their vision gets worse. This would happen even if they weren't wearing glasses.

(...give my child headaches all the time.) Sometimes, when your child first gets glasses, they may complain they have a headache or that everything looks different. It may take days (or sometimes a few weeks!) for your child to get used to the their

new glasses. Stick to the eye doctor's directions and assure your child these feelings will go away.

(...stop my child from playing sports or doing other activities.) While glasses are fragile and can break, this doesn't mean your child can never play sports again or go out for recess. The eye doctor will tell you if your child should wear glasses when they are playing. Teachers and other school staff will make sure all kids are mindful of students who have to wear glasses during play time.

If your child's eyeglasses break for any reason, your eye doctor may be able to help you get another pair. Sometimes they can fix them on the spot.

Amblyopia

- “Lazy-eye”
- 3 out of 100 children in the US may have amblyopia
- It can be treated if found early!

<https://www1.nyc.gov/assets/doh/downloads/pdf/scah/scah-amblyopia-flyer.pdf>

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11

Facilitator Notes:

Sometimes one eye is stronger than the other. One eye may not be communicating with the brain as it should be - causing it to be unfocused or not lined up correctly. The weak eye may get “lazy.” You likely won’t be able to tell your child has amblyopia unless they are screened and then treated. If it is not treated in time, it could cause blindness in the weak eye.

Amblyopia usually develops when a child is young. The earlier your child is screened and treated for amblyopia, the better. Screenings in Pre-Kindergarten, Kindergarten, and First Grade can help find amblyopia in time for treatment. A vision screening will help determine if your child may have amblyopia. An eye doctor can then do an eye exam to see if your child has amblyopia.

Amblyopia can be treated if found early! Your child’s doctor may have your child wear an eye patch on the stronger eye, this way the weaker eye can work harder and learn to communicate with the brain properly. A child with amblyopia may also need to wear glasses. It is important to follow the eye doctor’s instructions - this will help correct your child’s eyesight and help them lead a healthier life.

Thinking Question

How does not being able to **hear** affect a child during school?

Facilitator Notes: Ask the audience this question and allow a moment for thinking. Allow participants 1 min to give answers to the question. Feel free to let the participants shout out their answers or if this is a quiet group call on 1-3 parents to share their ideas.

Healthy Ears

Hearing loss may cause a child to have problems with:

- Talking
- Learning
- Social skills
- Behavior

Students in elementary school who have hearing loss may be more likely to repeat a grade

Allen D. Buz Harlor, Jr and Charles Bower. Hearing Assessment in Infants and Children: Recommendations Beyond Neonatal Screening. Pediatrics 2009;124:1252; originally published online September 28, 2009. Accessed from: <http://pediatrics.aappublications.org/content/124/4/1252.full.pdf>
article cited: Yoshinaga-Iano C, Sedey AL, Coulter DK, Mehl AL. Language of early and later-identified children with hearing loss. Pediatrics. 1998;102(5):1161-1171

Thinking Question

Why is it better to find a hearing problem early?

Facilitator Notes: Ask the audience this question and allow a moment for thinking. Allow participants 1 min to give answers to the question. Feel free to let the participants shout out their answers or if this is a quiet group call on 1-3 parents to share their ideas.

Finding hearing problems early may help the hearing problem from getting worse. It will also make sure that your child gets treatment early, if necessary. Screening and treating hearing problems may also help improve a child's speech development and allow them to stay on track in school.

Signs and Symptoms

Some signs of hearing problems are:

- Was late to begin speaking as a toddler
- Does not speak clearly
- Does not follow directions (you may think they are not paying attention or just ignoring you)
- Often says, "Huh?"
- Turns the TV volume up too high
- Has no reaction to loud noises
- Shows no response to your voice
- Complains of earaches, ear pain or head noises

Facilitator Notes: There are some signs to look out for (click through the bullets)

Hearing Screening

- Children should get screened for hearing problems before they start school
- Hearing screenings are painless!
- Hearing screenings can usually be done at your child's doctor's office.
- Sometimes hearing screenings may happen in schools. Make sure your child is not absent!

Facilitator Notes:

A child's hearing is tested when they are born. But, sometimes, hearing problems develop as a child grows up. Like vision screenings, a hearing screening can tell you if your child **may** have a hearing problem. Screenings are important because they help find hearing problems and can have you get treatment before the problem gets worse.

Hearing Test

If your child needs requires follow-up to a screening, he/she will need a full hearing test

A full hearing test will help determine:

- if your child has a hearing problem
- if the hearing problem can be treated

Facilitator Notes:

If your child needs a follow-up hearing exam after a screening, you can visit a hearing specialist. Your child's pediatrician can help you find a doctor that takes your insurance.

An audiologist or hearing specialist, will be able to tell you if your child has a hearing problem. If the problem can be treated, the doctor will help make sure your child gets the right treatment. The doctor will give you and your child directions. You should tell your child's school if there are any special instructions for class time.

Thinking Question

How does **tooth pain** affect a child during school?

Facilitator Notes: Ask the audience this question and allow a moment for thinking. Allow participants 1 min to give answers to the question. Feel free to let the participants shout out their answers or if this is a quiet group call on 1-3 parents to share their ideas.

Healthy Teeth

If a child has any tooth pain, they may:

- be unfocused in class
- have trouble eating or drinking
- miss a lot of school

Facilitator Notes:

Sometimes dental pain can be so bad that a child has to miss school. It could also mean that your child has an infection which could be very dangerous.

What is a cavity?

A **cavity** is a hole in a tooth. This is caused by germs that are left in the mouth and damage the tooth.

Cavities can form if a child:

- Eats too many sweets or sticky foods
- Drinks too much soda or juice
- Does not brush their teeth twice a day
- Does not floss their teeth
- Does not visit the dentist twice a year
- Puts something in their mouth that was in someone else's mouth who has a cavity

Facilitator Notes:

Certain foods and drinks can cause your child to have cavities. Foods and drinks with a lot of sugar can damage teeth and cause cavities.

When your child brushes their teeth, it should be done for at least two minutes. Using mouthwash instead of brushing will not help prevent cavities. Your child should brush their teeth in the morning and at night, after dinner and before bedtime.

A dentist should clean your child's teeth every six months. This will help find any cavities early and also prevent new cavities from forming.

Cavities can actually travel from one person to another. For example, if you have a cavity and are chewing a piece of gum and then you give that piece of gum to your child, he/she may get a cavity because of the germs on the piece of gum.

Signs and Symptoms

Your child may have one or more of these symptoms if they have a cavity:

- Toothache
- Any pain when eating or drinking
- Visible holes in teeth
- Brown, black or white stains on a tooth

Facilitator Notes:

Your child may not have any symptoms if a cavity is new or small. Going to the dentist every six months will help find any new or small cavities. If a cavity gets worse, your child may have these signs and symptoms.

Visiting the Dentist

- Your child should go to the dentist at least twice a year
- Visiting the dentist will help prevent cavities
- Sometimes dentists may come to school to check your child's teeth. Make sure you:
 - Fill out the right paperwork
 - Send your child to school on those days

Facilitator Notes:

The dentist will clean your child's teeth and check for any cavities. Your child's dentist will put a special sealant and fluoride varnish on your child's teeth that helps prevent future cavities from forming. These are not harmful to your child's teeth! If a dentist comes to the school, this is a good chance to make sure your child sees the dentist.

If your child doesn't have a dentist or you need help finding one that takes your insurance, talk to your child's doctor. They can help you find a dentist.

Dental Follow-up

- Get any cavity or other tooth problem treated as soon as you possible
- The worse a dental problem gets, the harder (and more painful!) it is to treat

Facilitator Notes:

Cavities can be treated and new cavities can be prevented when you go to the dentist every six months. If your child's dentist finds a cavity, it is important to treat it as soon as possible. Cavities get worse with time - especially if your child keeps having sugary food and drink and they don't brush their teeth as they should!

Tooth care at home

To help prevent cavities and tooth pain you can take care of your child's teeth at home:

- Brush teeth for two minutes, twice a day!
 - Brush in the morning
 - Brush after dinner and before bedtime
- Floss every night
- Try not to eat a lot of candy and juice, especially right after brushing
- Do not eat or drink anything (except water!) after brushing your teeth at night

Today's Takeaways

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- **Know your signs and symptoms**
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Make sure your child is screened! Your child's doctor can help you screen for certain problems or connect you to other doctors who can help. Sometimes screenings happen in your school, so make sure your child is in school that day.

Questions?



(old pic) Source:

<http://www.fda.gov/BiologicsBloodVaccines/ResourcesforYou/Consumers/ucm345587.htm#vaccines>

Thank you!

If you would like to see other vision, hearing, and dental resources or find information on additional **Health Barriers to Learning**, please visit the **Healthy and Ready to Learn Resource and Training Center** at www.hrl.nyc

WORKSHOP SURVEY

Thank you for taking part in our workshop! We would like your help in understanding how to improve the workshop, how much you learned, and if you think that you will apply what you learned in your work and life. Please take a few minutes to fill the following survey. Honest feedback is welcome!

1) What was the best part of the workshop?

2) What did you LIKE LEAST about the workshop?

3) How would you improve the workshop?

4) Please circle the number that best represents your knowledge and skills before and after this training:

How vision and hearing problems and dental pain can set children back in school:

BEFORE THE WORKSHOP					AFTER THE WORKSHOP				
Very Low	Low	Medium	High	Very high	Very Low	Low	Medium	High	Very high
1	2	3	4	5	1	2	3	4	5

The signs and symptoms of vision, hearing, and dental problems:

BEFORE THE WORKSHOP					AFTER THE WORKSHOP				
Very Low	Low	Medium	High	Very high	Very Low	Low	Medium	High	Very high
1	2	3	4	5	1	2	3	4	5

Important steps for screening and treatment of vision, hearing, and dental problems:

BEFORE THE WORKSHOP					AFTER THE WORKSHOP				
Very Low	Low	Medium	High	Very high	Very Low	Low	Medium	High	Very high
1	2	3	4	5	1	2	3	4	5

5) How likely are you to use the knowledge and skills that you learned in the workshop? (Please circle)

Not likely at all	Not likely	Neutral	Likely	Very likely
1	2	3	4	5

6) What challenges do you think you will have in using what you learned?

7) Any other feedback?

HEALTHY EYES, EARS, & TEETH PARENT NEWSLETTER

BUILDING HEALTHY HABITS

TAKE CARE OF YOUR CHILD'S



EYES

Screening every year



EARS

Screening before school starts



TEETH

Check-up every 6 months

Healthy eyes, ears, and teeth can keep kids on track in the classroom. Look out for signs of problems at home. Ask your child's teacher if they notice any problems in the classroom!

SECRETS FOR SUCCESS

The key to good health is prevention! The earlier your child is screened, the easier it is to fix the problem!

COOKING CORNER

Fruity English Muffins



Ingredients

- 1 whole grain bagel or English muffin
- 2 tablespoons of ricotta or cream cheese
- Sliced fruit of your choice:
strawberries, blueberries, bananas, or pomegranate seeds

Directions:

1. Toast the bagel or English muffin to desired crunchiness
2. Spread cheese of choice onto the toasted bread
3. Slice fruit of choice and place it on the bread with cheese

Enjoy!