

A Study to Assess the Mother's Awareness and Practice Regarding Oral Hygiene Among Children

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Oral health can be influenced by how well people know about their health. Good oral health is critical to overall health, and a child's overall health greatly affects his or her oral health. Oral health concerns are widespread in all communities, and one of them is dental caries. The levels of dental caries have been progressively rising in most developing countries. One of the most widespread diseases of the oral cavity is dental caries. A transmissible oral disease, which is induced by interactions between cariogenic bacteria and fermentable dietary carbohydrates on the tooth surface over time, is known as the causative factor in periodontitis. It is also discovered that roughly 90% of children suffer from caries. Pre-school-age children who have decaying (non-cavitated or cavitated lesions), missing (due to caries) or filled tooth surfaces have been described as having ECCs.

Preschoolers, particularly, do not comprehend the underlying mechanics of good brushing habits and how oral hygiene is critical to overall health. American Dental Association (ADA) has guidelines that recommend parents to wash their child's gums with a wet cotton swab after they have fed their child, and brushing their child's teeth with a baby toothbrush before the first tooth erupts. Also, it is advised to limit sugar intake and avoid bottle-feeding while a child is sleeping. At approximately one year of age, you should have your first dental visit. There has only been one study that has examined maternal knowledge, attitude, and practice around oral health for children aged 6 months to 12 years old, which was done in Kerala, India.

In order to learn more about this particular methodology, an in-depth, cross-sectional study was conducted in Kerala from January to April of 2018. A 20-item, well-formulated questionnaire was given to the participants. Evaluation of the impact of maternal variables on the mother's oral hygiene, brushing and etiological factors was based on a questionnaire that was divided into three categories: Oral Hygiene, Brushing, and Etiological. most of the mothers were not fluent in English, and the original text was translated into Malayalam as People who agreed to participate were told about the study and only those who consented were allowed to join. In determining the sample size of 100, with 80% power, and 5% significance, the sample size was calculated to be 100.

While response was gained from just 88 of the moms who completed the surveys, 12 mothers declined to participate. When it came to education, the majority of participants had finished their education and were housewives. Caries is clearly not transmissible from mother to child. However, although nearly all of the children were doing it themselves, 51% of the mothers thought that it was the parents' responsibility to take care of their child's oral hygiene and dental health up to the age of seven. This group had more than half of the children that had never visited a dentist, as their moms believed that a dental clinic should only be visited when essential. Just about three-quarters (72%) of the people were aware that visits need to be scheduled every six months. Nearly all moms understood that sweetened milk increased the risk of tooth decay, yet 59% of mothers added sweeteners to their child's milk. approximately 61% of mothers knew of the need to change the toothbrush their child uses every

three months. 68% of mothers were aware that getting a toothbrush ready and using it to brush before going to bed and after awakening was useful. More than three-in-ten (33 percent) moms felt that children should begin brushing at age 3 or 4, but fewer (22 percent) thought their first tooth appears in the mouth.

DISCUSSION

Because of this, mothers have a significant responsibility in promoting healthy oral habits in their children as well as oral health. To encourage children to develop healthy oral hygiene habits, parents should be involved and use these behaviors on their own children. Several mothers were unaware that caries is transmissible and shared utensils with their children often. Study results by Johnson et al. are in agreement with this (2010). Brushing knowledge of mothers was also discovered to be acceptable in this investigation. Although their mothers were aware of brushing their teeth twice a day — first thing in the morning and before sleep — most of the children's mothers were not made aware of this information. Mothers were aware of the potential dangers of bottle feeding for extended duration and at night, according to the study. Researchers found that nearly two-thirds of mothers were aware of the harmful effects of bottle-feeding for lengthy periods of time.

CONCLUSION

This study reveals that mothers, on the whole, knew their children's oral hygiene practices, but their attitudes and practices needed to be represented in that knowledge.

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