



Research Article

PARENTAL AWARENESS OF CHILDREN'S BRUSHING TECHNIQUE-A STUDY

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ABSTRACT

Aim: This study is to evaluate the parental awareness of children brushing technique. Objective: To access the parental awareness of children brushing techniques. Background: The parents should be aware of the efficient techniques and care for the oral health of his or her children. Teaching children proper oral care at a young age is an investment in his or her health that will pay lifelong profit. Passing on good oral habits to the child is one of the most important health lessons parents can teach them. This means helping him or her brush twice a day, showing the proper way to floss, limiting between-meal snacks and seeing your dentist regularly. Reason: Proper tooth brushing technique may help to protect the accumulation of plaque and reduce the prevalence of dental caries and gingivitis in children. The mothers play an important role in uptake of encouraging dental health practices.

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INTRODUCTION

Oral wellbeing is an essential piece of general health. Poor oral health can have adverse effect on general wellbeing. Subsequently a decent oral wellbeing is exceptionally basic, which thus is accomplished by great oral hygiene. Even however, the idea of good oral cleanliness advanced about 5000 years back, yet it was just in the start of the nineteenth century, it increased more significance. The prior idea of keeping up oral cleanliness by simply clearing flotsam and jetsam has been assumed control by expulsion of plaque, any irresistible specialist in charge of numerous regular dental maladies. Examines have indicated connection with poor oral wellbeing and numerous systemic illnesses. Different sorts of oral cleanliness helps into reality in the twentieth century [1].

The support of oral care ought to in kids can just begin from the guardians. The guardians ought to have the learning and should know about oral wellbeing upkeep. Henceforth this study is to investigate and locate the level of learning among the guardians whose youngsters are beneath one to fifteen years of age. [2]

MATERIAL AND METHOD

For this study, the parents of children below 15 years of age were aimed. A questionnaire was administered to the parents in general population in chennai, Porur. The survey was conducted in places that are of interest in children below five years of age.

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Places such as paediatric hospitals, elementary schools, parks, paediatric clinics, pedodontic clinics were approached to find a concentrated population of parents whose children are below five years of age. The questionnaire was given to the parents.

Questionnaire

- 1. Does your child brush his/her teeth everyday?
2. Does your child brushes his/her teeth more than twice a day?
3. Does your child use a dental floss?
4. Does your child go to the dentist periodically?
5. At what frequency does your child takes snacks?
6. Are you aware of importance of milk teeth in your child's life?
7. Have you ever taken your child to a dentist?
8. Is dental problem less important than other health problems?
9. Do you know the difference between a pediatric dentist and a general dentist?
10. What do you do if your child gets a tooth ache?

RESULT

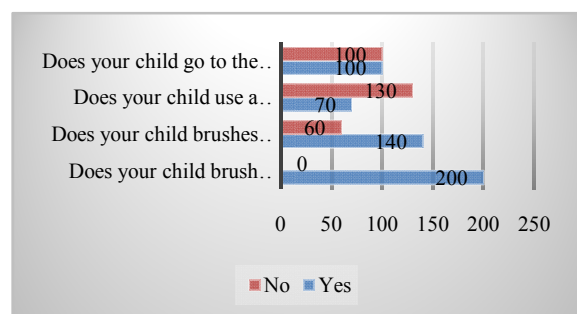
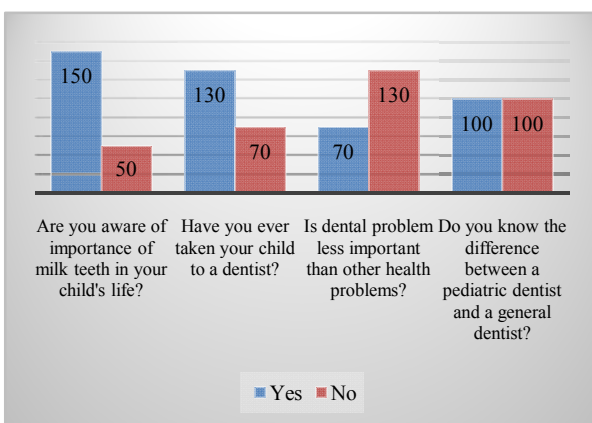
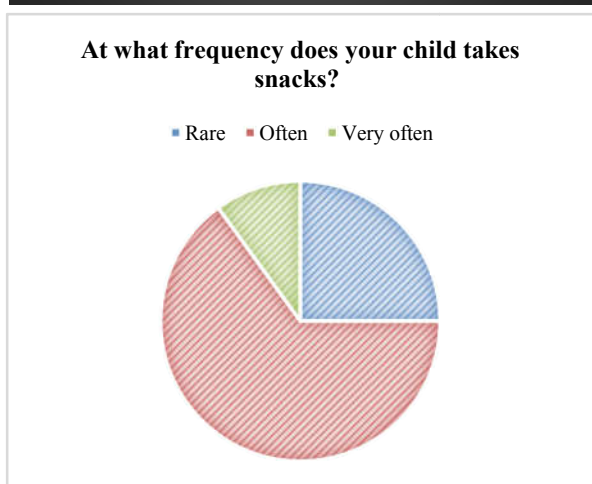
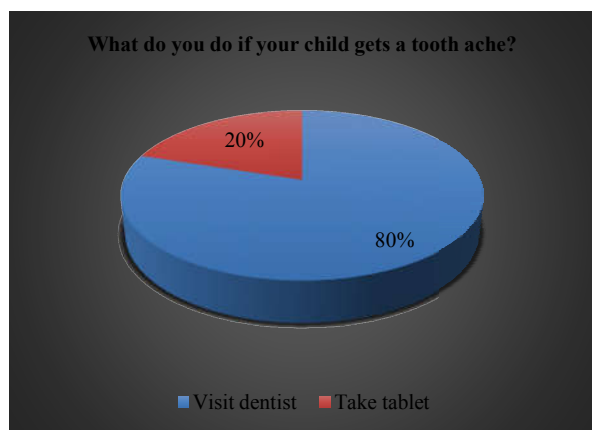


Table with 2 columns: Question, Yes (Count), No (Count). Data: 1. Does your child go to the... (Yes: 100, No: 100); 2. Does your child use a... (Yes: 70, No: 130); 3. Does your child brushes... (Yes: 60, No: 140); 4. Does your child brush... (Yes: 0, No: 200)



The study shows that every children brushes their teeth daily as it became a routine habit. 70% of them doesn't brush their teeth more than twice a day. 35% of them uses floss and is aware of its use other 75% of them are not aware of floss. 50% of the parents are aware of periodic visit to dentist. 65% of the children consume snacks at regular diet.10% consume snacks very often than normal diet. 25% of them consume snacks rarely. 75% of the parents are aware of their child's milk teeth during their growth. 35% of the parents doesn't visit dentist for their children and has an idea that dental problems are less important than the other health problems. 50% of the parents are aware about the difference between paediatric and general dentist. 40% of the parents prefers dentist when their children suffers with toothache and 10% advices to take tablets for their problems.

DISCUSSION

The review exhibited a complete outline on information and routine of oral wellbeing and brushing method of guardians/overseer. Aftereffect of the review demonstrate that most extreme did not have enough information and routine of oral wellbeing and brushing technique [3,4].

Be that as it may it is uncovered that we need to think and plan in systemic approach to give oral wellbeing learning to individuals of this country [3,5,6]. It is additionally uncovered that the patients felt they would have been cautious about oral cleanliness on the off chance that they had been educated before by their dentist [7,8]. Individual who were taught and had past history of dental issue and treatment, were informed by their dental practitioner about brushing strategy demonstrated great response [9,10,11].

CONCLUSION

Oral health diseases are detrimental to the quality of life and can have impact on self-esteem, eating ability, nutrition and health of an individual. We have various materials that are used to maintain the oral health. However until we conduct various oral health programmes at schools and communities, people will not be aware of all these materials and how to make use of these material [9]. The children must be taken care of by the parents and infants and must be taught to practice oral hygiene for a better oral health. This in future generation will reduce the risk of oral diseases.

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