

Mother's Knowledge Regarding Oral Hygiene Among Kids : A Critical Evaluation

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I. INTRODUCTION

People's knowledge of their health can have an impact on their oral health. A child's general health has a large impact on his or her dental health, thus maintaining good oral health is quite important. All communities have oral health issues, including dental caries. Most emerging countries have seen an increase in dental caries. Dental caries is a disease that affects millions of people every year. In periodontitis, the causal factor is a transmissible oral illness induced by long-term interactions between cariogenic bacteria and fermentable food carbohydrates on the tooth's surface. Around 90% of children have dental caries, according to research. ECCs have been identified in children as young as three who have deteriorating (non-cavitated or cavitated) or missing (from caries) tooth surfaces.

When it comes to excellent brushing practices, preschoolers in particular don't understand how important dental hygiene is to general health. Before their first tooth appears, the American Dental Association (ADA) suggests that parents use a moist cotton swab to clean their child's gums after feeding him or her and brush their child's teeth with a baby toothbrush. Additionally, sugar intake should be limited, and bottle-feeding should be avoided while a child is napping. Your first dental visit should take place around the age of one year. One study in Luknow, India, looked at mothers' attitudes and practices towards oral health for children from 6 months to 12 years old.

From January to April of last year, an extensive cross-sectional study was carried out in Luknow to understand more about this particular methodology. Participants completed a well-written, 20-item questionnaire. Using a questionnaire divided into three sections, the impact of maternal variables on the mother's oral hygiene, brushing, and etiological factors was evaluated. Most mothers couldn't read or write English, thus it was translated into Malayalam as follows: Participants decided to learn about the study, and only those who chose to take part were allowed to participate. The sample size was calculated to be 100 when determining the power of 80% and the significance level of 5%.

Only 88 moms responded to the surveys, and 12 of those moms did not want to take part. The majority of participants had completed their schooling and were housewives when it came to education. Caries cannot be passed from mother to child because it is not contagious. Despite the fact that virtually all of the children were taking care of their own oral hygiene and dental health up until the age of seven, 51% of moms said that it was the parents' obligation to do so. Among the children in this group, more than half had never been to a dentist because their mothers held the belief that a dental clinic should only be visited in cases of extreme necessity.. About 72% of those polled knew that appointments should be made every six months. Despite knowing full well that sweetened milk increases a child's risk of tooth decay, 59% of mothers still sweetened their child's milk anyhow! A whopping 61% of moms were aware that the toothbrushes their children use should be swapped out every three months. Sixty-eight percent of mothers knew it was a good idea to prepare a toothbrush and use it both before going to bed and when they woke up. Among moms, 33% believed that children should begin brushing their teeth at the age of 3 or 4, while only 22% believed that the first tooth forms in the mouth at that age.

II. DISCUSSION

As a result, moms bear a particularly large share of the duty for encouraging their children to practice good dental hygiene and to maintain good oral health. Parents can help their children develop good oral hygiene practices by modeling them for them. There were some mothers who exchanged utensils with their children frequently, ignorant that caries is contagious. This is supported by the findings of the Johnson et al. study (2010). This investigation also found that having a cursory understanding of mothers was acceptable. The majority of the children's moms were unaware of the importance of cleaning their teeth at least twice daily - first thing in the morning and before going to bed. According to the research, mothers were aware of the risks of bottle feeding their children for long periods of time or at night. Nearly two-thirds of moms knew about the dangers of long-term bottle feeding, according to the study results.

III. CONCLUSION

According to the findings of this study, mothers were generally aware of their children's oral hygiene practices, but their attitudes and behaviors needed to be taken into account.

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