

Inculcating Dental Hygiene Among Children

Akshey | Kshitij | Tejaswi | Chellapan | Kanika IIM Kozhikode

Importance of milk teeth

Foundation of healthy permanent teeth

Caries in milk teeth increases risk of caries in permanent teeth

Teeth alignment of permanent teeth is guided by the milk teeth

Clean your baby's mouth with cotton, gauge and cloth and a glass of drinking water

Inculcate the habit of brushing in the children right from 2 years of age

Do not try to pluck out the loose milk tooth. Take your child to a dentist.

Bad Breath (Halitosis)

Bad breath is caused by poor dental hygiene, mouth infections, Dry mouth





Brush your teeth and tongue Twice daily

Visit your dentist for scaling every 6 months

Tooth Decay (Cavities)

Tooth decay is caused by frequent and excess intake of sweet and sticky food



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Brush your teeth Twice daily

Visit your dentist regularly

Void eating sticky food

Bleeding Gums (Periodontal)

Bleeding gums is a symptom of a disease called Gingivitis (Inflamed gums)



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Brush your teeth Twice daily

Visit your dentist for scaling every 6 months



Tooth sensitivity occurs due to gum disease night teeth grinding, and vigorous brushing



Brush your teeth Twice daily

Visit your dentist for regular check up

Ask your dentist correct technique of brushing

Misaligned teeth (Malocclusion)

Malocclusion occurs due to many reasons like thumb sucking, prolonged use of bottle feed in early childhood

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Braces are a solution to correct malocclusion

Removal of teeth to prevent overcrowding

Consult your dentist for habits like prolonged thumb sucking

Retained milk tooth

Retained teeth can cause further problems like malocclusion in permanent teeth, bad breath and caries due to ineffective brushing between milk tooth and permanent tooth causing food retention.

retention.

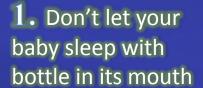


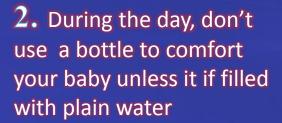
Do not try to pluck or loosen the over-retained baby tooth

Visit your dentist if the permanent tooth is erupting but the primary tooth is still place and is firm

Tips to prevent early childhood Caries



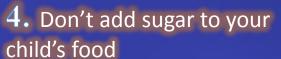








3. Don't dip your babies pacifier in sugar or sugary liquids







5. Clean your baby's teeth and gums with a damp cloth or a soft toothbrush after each feeding

6. Take your baby to the dentist as soon as the first tooth comes, or no later than the first birthday



7. Make sure that your baby is getting right amount of fluoride. If your drinking water does not contain fluoride, ask your doctor about fluoride supplements



Thank You