



Inculcating Dental Hygiene Among Children

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Importance of milk teeth

1

Foundation of healthy permanent teeth

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

2

Caries in milk teeth increases risk of caries in permanent teeth

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

3

Teeth alignment of permanent teeth is guided by the milk teeth

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



1

**Brush your teeth
and tongue Twice
daily**

2

**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



1

**Brush your teeth
Twice daily**

2

**Visit your dentist
regularly**

3

**Void eating sticky
food**

Bleeding Gums (Periodontal)

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



1

**Brush your teeth
Twice daily**

2

**Visit your dentist for
scaling every 6
months**

Tooth sensitivity

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



1

**Brush your teeth
Twice daily**

2

**Visit your dentist for
regular check up**

3

**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



1

Braces are a solution to correct malocclusion

2

Removal of teeth to prevent overcrowding

3

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.



1

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

2

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



1. Don't let your baby sleep with bottle in its mouth

2. During the day, don't use a bottle to comfort your baby unless it is filled with plain water



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

4. Don't add sugar to your child's food



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