

ABSTRACT

INTRODUCTION: 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. The parents 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 parents.

AIM: The aim of study is to evaluate the parental awareness of children brushing technique and oral care. **Materials and Methodology:** The parents of children 5 -12 years of age. A Total of 100 sample will be taken and questionnaire will be given to parents.

EVALUATION: Evaluation was done based on the questionnaire.

RESULT: One-way ANOVA for statistically significant of Parental Awareness and Knowledge towards their Children's Oral Health. The study shows lack of oral hygiene awareness and limited knowledge of oral hygiene practices towards their Children's Oral Health.

CONCLUSION: There is urgent need of increasing awareness among parents regarding the importance of maintaining their child's oral health.

KEY WORDS: Oral hygiene, Dental health, Parental awareness.

INTRODUCTION

Parents are the key persons in ensuring the wellbeing of young children in order to achieve the best oral health outcomes.¹ Oral health is an integral part of general health. Poor oral health can have adverse effects on general health. Hence a good oral health is very essential, which in turn is achieved by good oral hygiene. Even though, the concept of good oral hygiene evolved some 5000 years back, but it was only in the beginning of the 19th century that it gained more importance. The earlier concept of maintaining oral hygiene was by clearing debris which has now been taken over by removal of plaque or any infectious agent responsible for many common dental diseases.² Parent's belief towards child's oral health plays an important role to improve their oral wellness. A number of risk factors are associated with early childhood caries, which can be broadly classified into biological and social risk factors. Diseases affecting oral cavity is one of the major public health problems which can potentially cause

significant social impact. Social risk factors comprises of low parental education, low socioeconomic status and lack of awareness about the dental diseases. In order to maintain a good oral hygiene both the parents & the child must work together. It is seen that poor attitude of parents generally reflect as a poor oral health in children and vice versa.¹

MATERIAL AND METHODS

The survey has been carried out from the patient's parents who were visited the Department of Preventive and Pediatric Dentistry, Ahmedabad dental college and hospital. A total of 100 parents were selected using a convenient sampling technique and a self-constructed questionnaire was administered to them. Subjects were parents of children below 12 years of age and parents who were willing to participate in the study. A predesigned questionnaire was used to assess parent's knowledge, attitude and practice regarding oral hygiene through direct interview.

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QUESTIONNAIRES FORM

DATE: _____

NAME: _____ AGE/SEX: _____

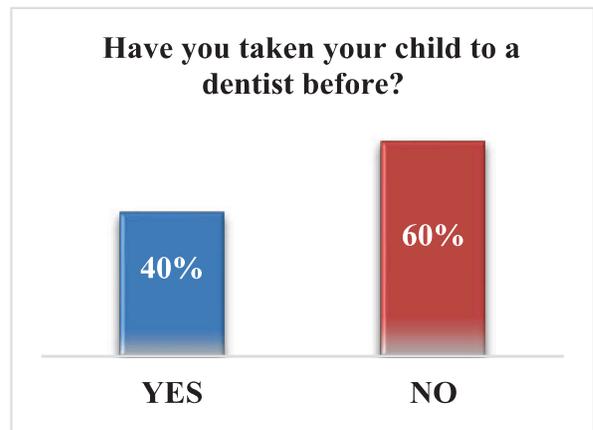
1. Have you taken your child to a dentist before?
Yes No
2. Do you have knowledge about the brushing techniques?
Yes No
3. How many times do your child brush their teeth?
Once Twice
4. Do your child rinse their mouth after every meal?
Yes No
5. Do you use a mouthwash for your child?
Yes No
6. Are you aware of the oral diseases which can affect your child's mouth if not cleaned properly?
Yes No
7. Do your child floss their teeth?
Yes No
8. Have your child shown any sign of pain in oral cavity or soft tissue infection?
Yes No
9. If yes, have you taken any action about it?
Yes No
10. Do you inspect your child's oral cavity on a regular basis?
Yes No

of the oral diseases which occurred due to poor oral hygiene maintenance (Graph:5). The use of dental floss as an interdental aid for plaque removal in their children; majority of parents (92.6%) do not used dental floss in their children (Graph:6) In the present study it was seen that 71.4% of the parents have noticed that their children complained about dental pain at some point of time, out of which 20% of the parents took considerate action to avail dental treatment (Graph:7). On questioning about do they inspect child's oral cavity regularly for occurrence of cavities, 60% parents denied the same (Graph:8).

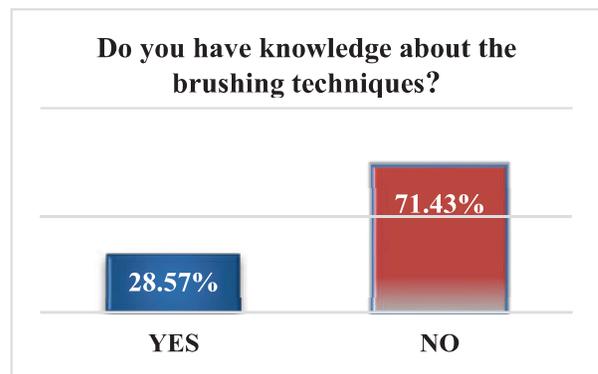
RESULT

In this study 100 parents were given the questionnaire, the data was then analyzed along with charts for each question. One-way ANOVA test is used for statistically significant difference and asked about the first dental visit, the results show that the majority (60%) of parents have not visited the dentist before (Graph:1). On being asked about knowledge regarding the correct brushing techniques in children, majority of the parents (71.43%) were not aware about (Graph:2). Knowledge about frequency of brushing, the results shows that 71.43% parents brush their child's teeth twice a day, while 28.57% parents brush their child's teeth once a day (Graph:3). It was observed that only 17.14% parents used mouth wash as a oral hygiene aid for their children (Graph:4). Majority of parents (78.57%) were not aware

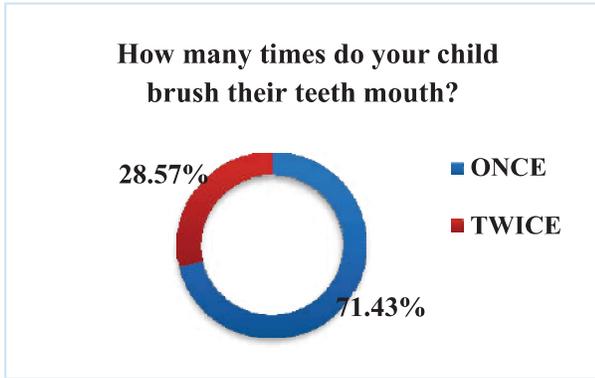
Graph: 1



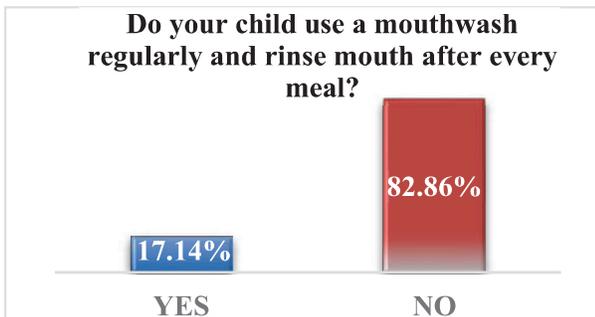
Graph: 2



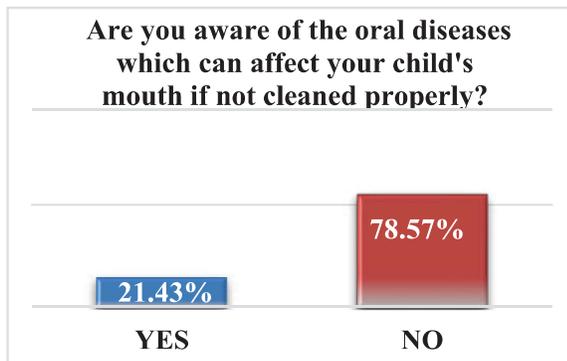
Graph: 3



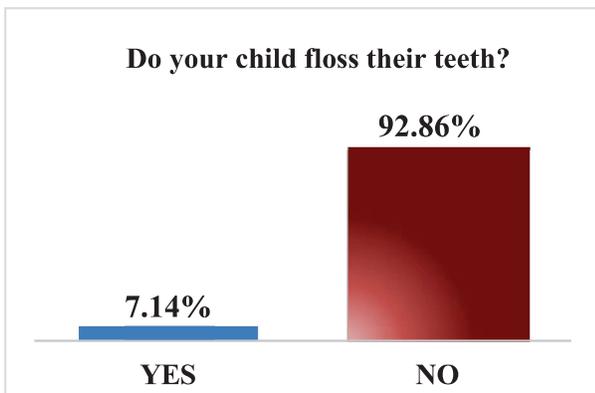
Graph:4



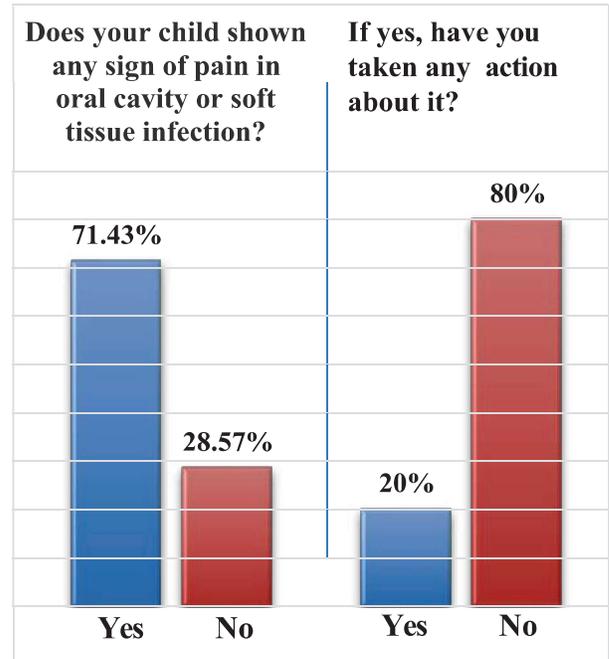
Graph: 5



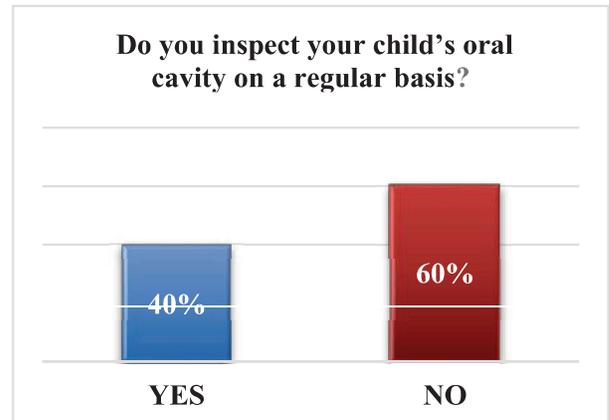
Graph: 6



Graph:7



Graph:8



DISCUSSION

The present study demonstrated the amount of knowledge and awareness that parents had in respect to their children's oral health. However, the degree of knowledge and awareness of parents varied according to the type of questions asked. Parents could not provide an answer to the best age for the first

body and a gateway to good health. It has been recently noticed that a large number of parents do not give enough attention to their children's oral health status and assume that their brushing is of an appropriate level.⁸ In present study, only 40% of parents inspected their children's oral cavity regularly on a daily basis which shows lack of seriousness by the parents pertaining to children's oral health.

American Academy of Pediatric Dentistry (AAPD) recommends child 1st dental visit at the age of 1 year or within 6 months of first erupted tooth. In the present study, 60% parents have not visited the dentist before even though the children belonged to 5-12 year old age group and it also showed that 71% of children experienced dental pain till date of which only 20% of parents took considerate action to avail dental treatment, while other parents thought that primary teeth will eventually shed off and thus doesn't require any treatment. **Grewal N, Kaur M. (2007)**³ stated 51.8% parents made the first visit to the dentist after child's toothache. A study done by **Patil AN et al. (2021)**⁴ stated that 50% of the parents never visited a dentist while only 35.7% took their children for regular dental check-ups which is an accordance to present study. This reflects the need of inculcating awareness regarding the importance of dental visits among parents. **Ibrahim RE et al. (2021)**⁵ stated 15.9% brushed two or more times a day while almost 55.8% practiced brushing only once daily, which is contradictory to present study. In the present study, parents were not aware about using oral hygiene aids like mouthwash and interdental aids like dental floss which are essential as debris in interproximal areas is a prime factor for causing proximal caries which if left untreated may lead to space loss and hinder dental

development.

CONCLUSION

The parents' with adequate knowledge and responsible attitude regarding maintenance of oral hygiene results in the better oral health of their children. The present study concluded that majority of parents have poor education which paves the need to conduct educational programs to enrich their knowledge. Pediatric dentist is best suited to educate parents regarding the role of oral hygiene maintenance and its effect on overall dental and physical wellbeing of the child.

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