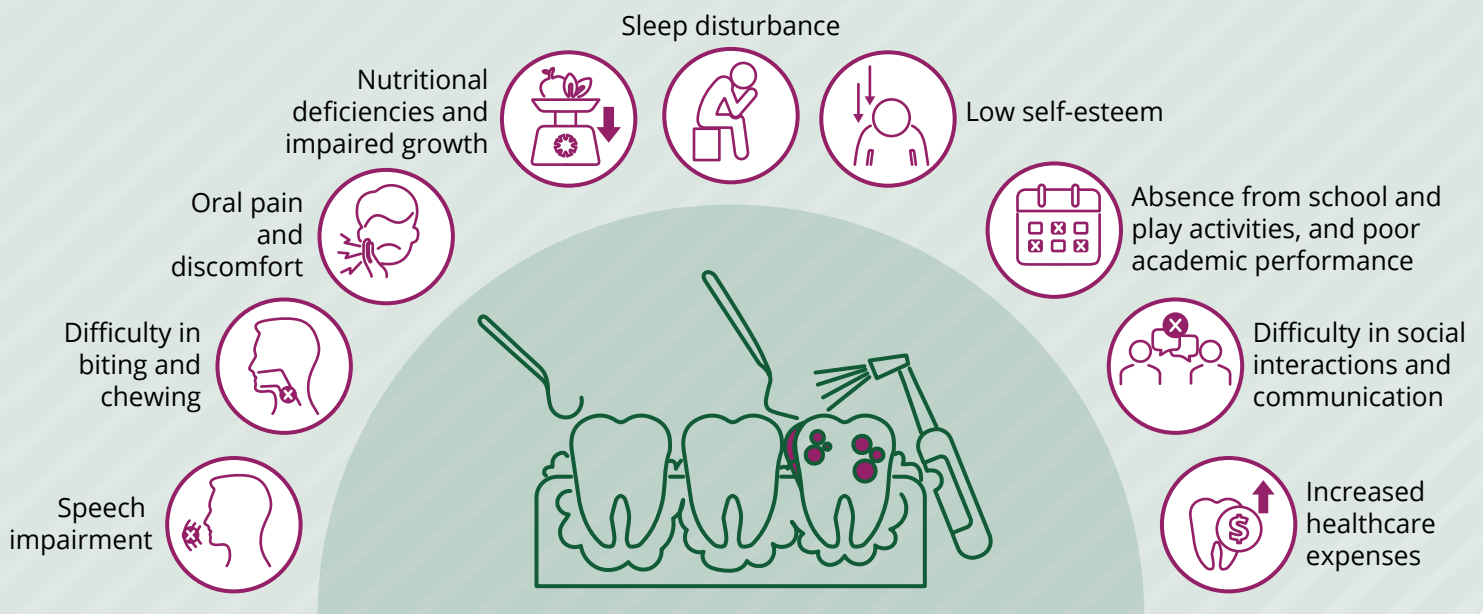
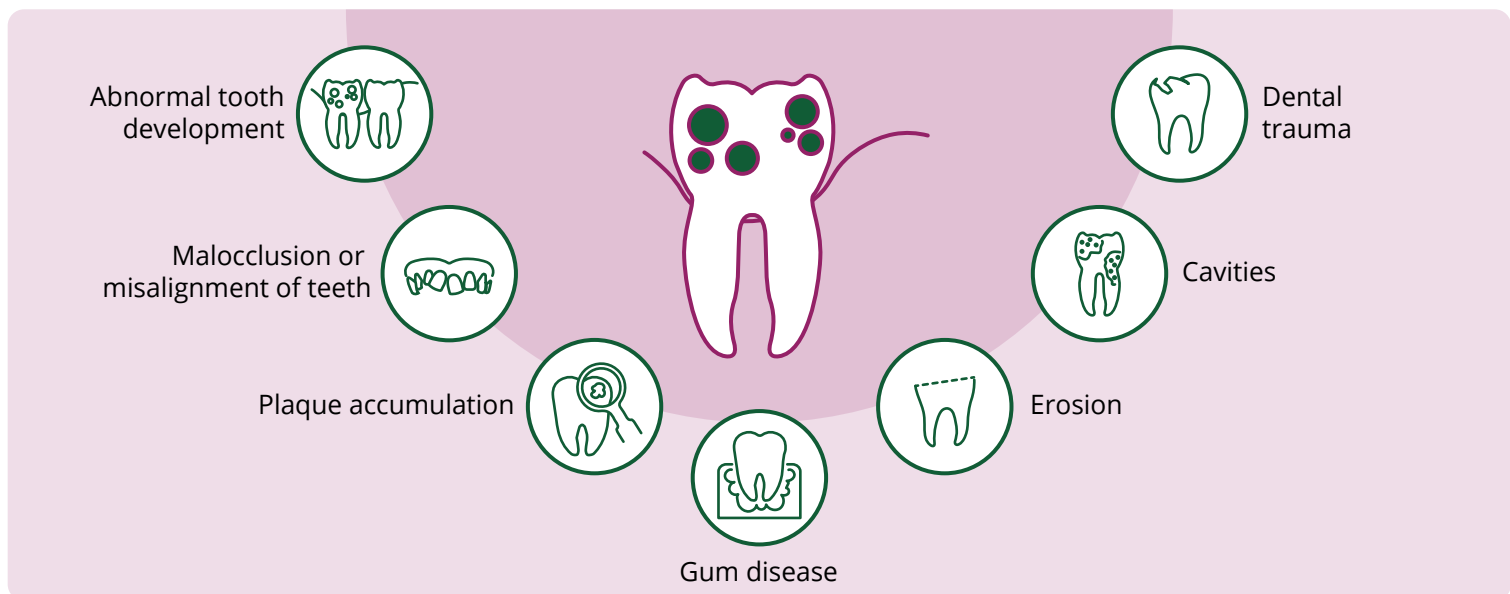


### Oral health is an important component of overall health and well-being

Poor oral health negatively affects the daily functions and quality of life of children and their caregivers by causing



### Here are the common oral health issues in children



Preventive oral health and hygiene habits from early childhood lay the foundation for long-term oral health and overall well-being

## What is the impact of primary teeth health on permanent teeth?

**!** Untreated cavities in primary teeth can affect the health of permanent teeth  
Chewing may be difficult when primary teeth are loose or missing



Permanent teeth emerge from around 6 years and replace all primary teeth by 12 years



Emergence of teeth can cause discomfort and pain



It is recommended to brush gently around loose teeth or sensitive areas

Consumption of foods and drinks with free and/or added sugar



Unaddressed dental problems and dental anxiety

Insufficient fluoride exposure



Lack of adequate dental routine owing to less importance often given to primary teeth



**Here are some factors contributing to dental cavities**

Frequent snacking between meals



Poor dental hygiene



## Look out for the signs and symptoms of dental cavities

Visible white spots on enamel due to demineralisation



Tooth discolouration



Pain or sensitivity after eating or drinking



Holes on the tooth surface



Intermittent toothache



## Some precautionary dental care measures that can help



Avoid offering sweets as rewards, for comfort, or to control tantrums



Replace snacks containing added sugar with fruits



Offer balanced and nutritious meals



Create a preventive oral care routine

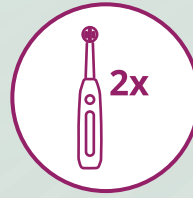


Schedule regular visits with a paediatric dental professional

## Here are some oral care recommendations to follow



Brush young children's teeth or supervise older children as they brush their teeth



Ensure that they brush twice daily for 2 minutes using a manual or electric toothbrush\*

\*There is scientific evidence to recommend oscillating-rotating electric toothbrushes for children

Oscillating-rotating electric toothbrush users experience 1.4 times lower caries incidence compared to those using a manual toothbrush



- Use a pea-sized amount of a fluoride-containing toothpaste
- Check your child's toothpaste for fluoride concentration—adhere to age-recommended fluoride doses for maximum benefit
  - 2 to 6 years: 1,000 ppm
  - Above 6 years: 1,450 ppm



Schedule regular dental check-ups



Ask a dental professional to consider whether applying a fluoride varnish is useful for your child

# Your role as a parent or teacher is important in child oral care management

Children model the behaviour of the adults that surround them, including parents, caregivers, and teachers

Parents' knowledge and oral care behaviour are crucial to fostering good oral hygiene practices in children at home

Parents are typically the primary decision-makers regarding children's health



Involvement of teachers at school can encourage children and help cultivate preventive dental care practices

Teachers may have a notable role in shaping children's habits, sometimes being more influential than parents

## Here are some ways to encourage good oral health practices



Oral health promotion campaigns in schools



Interactive programs to encourage good oral health practices



Educational sessions on the importance of dental hygiene and the benefits of brushing



Active transfer of knowledge regarding oral health using creative media like books, songs, and videos



Activities related to oral hygiene such as supervised toothbrushing in schools

## Key messages



**Oral hygiene measures adopted in early childhood can prevent dental problems and ensure a lifetime of good oral and overall health**



**Parents, caregivers, and teachers are integral in fostering good oral care practices in children**

### Further reading

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