

# A Study on Evaluation of Parental Awareness on Complete Oral Health of Their Children

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**Abstract:** Oral health is ideally considered as the mirror of general and overall health. So it is rightfully said the Oral health forms an integral part of general health. The parents act as role models for their children. Being a role model plays an important role in developing healthy habits in children. So parental knowledge about oral health is of utmost importance so as to prevent children from various dental diseases. Therefore, many efforts are being made to inform and motivate parents and children about various aspects of importance of oral health.

**Keywords:** Oral Health, Parents, Child, Influence

## 1. Introduction

**Aim:** The aim of the present study was to evaluate parental awareness on optimum oral health of their children.

**Material & Method:** A comprehensive questionnaire was distributed randomly to all the parents of the children who

visited the department of paediatric and preventive dentistry. (Table 1). The questionnaire was translated into local language (Hindi) for better understanding and convenience to the parents. The participants were the parents of children aged between 5-15 years and the questions consisted of information and knowledge on oral health amongst the parents about their children.

**Table 1:** The Questionnaire

<p>1) <b>Tooth decay is caused by:</b></p> <ul style="list-style-type: none"> <li>• Sweet and sticky food</li> <li>• Food particles caught between teeth</li> <li>• Not going to dentist</li> <li>• Not brushing</li> <li>• All of the above</li> </ul> <p>2) <b>The most important way to prevent dental caries</b></p> <ul style="list-style-type: none"> <li>• Reduce frequency of intake of sugar</li> <li>• Brush teeth frequently</li> <li>• Attend dentist frequently</li> <li>• All of the above</li> <li>• Don't know</li> </ul> <p>3) <b>The most important cause of gum diseases</b></p> <ul style="list-style-type: none"> <li>• General weakness</li> <li>• Lack of oral hygiene</li> <li>• Familial</li> <li>• All of the above</li> <li>• Don't know</li> </ul> <p>4) <b>The most important way to prevent gum diseases</b></p> <ul style="list-style-type: none"> <li>• Brush teeth regularly</li> <li>• Take medicine</li> <li>• Take fibrous food</li> <li>• All of the above</li> <li>• Don't know</li> </ul> <p>5) <b>Can caries affect infants below 2 years old?</b></p> <ul style="list-style-type: none"> <li>• Yes</li> <li>• No</li> <li>• Don't know</li> </ul> <p>6) <b>The child should be taken to the dentist regularly even if he/ she don't complain of any problem.</b></p> <ul style="list-style-type: none"> <li>• Yes</li> <li>• No</li> </ul> <p>7) <b>Do you know about fluorides?</b></p>	
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- Yes
- No
- 8) Baby teeth are important**
  - Agree
  - Disagree
  - Don't know
- 9) Problems with baby teeth will affect adult teeth**
  - Agree
  - Disagree
  - Don't know
- 10) Rotten teeth could affect child's health**
  - Agree
  - Disagree
  - Don't know
- 11) Using fluoride toothpaste helps to prevent tooth decay**
  - Agree
  - Disagree
  - Don't know
- 12) Is it necessary to do fillings in baby's teeth?**
  - Yes
  - No
  - Don't know
- 13) Mother's diet during pregnancy will affect baby's teeth**
  - Agree
  - Disagree
  - Don't know
- 14) Is it a good idea to give baby a bottle to comfort while teething**
  - Agree
  - Disagree
  - Don't know
- 15) It is recommended that children brush their teeth 1 time a day.**
  - Yes
  - No
  - Don't know

## 2. Results

The results of the questionnaire revealed an overall positive response about the questions asked to the parents, however, the alarming situation raised when majority parents didn't have an idea about fluorides and the role of mother's diet during pregnancy on baby's teeth.

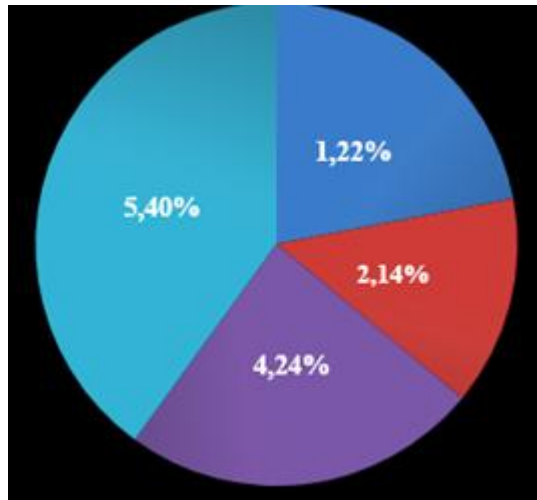
The detailed result of the questionnaire is as follows:

1. Only 40% of the parents knew about the reasons for the cause of tooth decay while only 36% of the total participants knew about the ways to prevent caries. (fig.1)
2. Only 16% had an idea about the most important causes of gum diseases while only 30% knew about the ways to prevent gum disease.
3. 60% of parents agreed that caries can affect infants below 2 years of age and 78% agreed that child should be taken to dentist regularly even if he/she doesn't complain of any symptom or problem.
4. The most alarming situation was when 92% of the parents weren't aware about fluorides. (fig 2).
5. While 76% agreed that baby teeth are important, 64% believed that problem with baby teeth affects adult teeth.
6. 88% agreed that rotten teeth could affect child's health, 40 % mentioned that using fluoridated tooth paste helps prevent tooth decay.
7. It is necessary to do filling in baby's teeth was agreed upon by 66% of the parents.
8. What was disappointing to know was when only 46% of the parents agreed that mother's diet during pregnancy has an impact on baby's teeth. (fig no 3)
9. 6% believed that it isn't a good idea to give baby a bottle to comfort while teething and 78% believed children should brush their teeth at least 1 time a day.

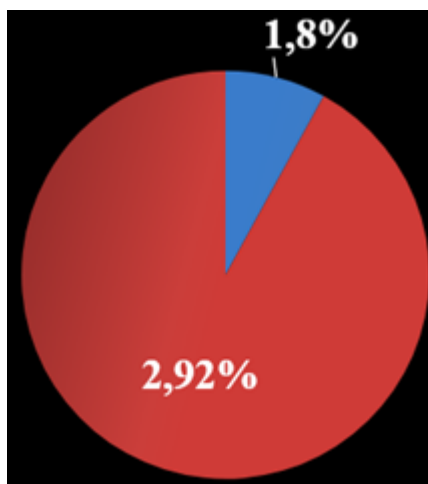
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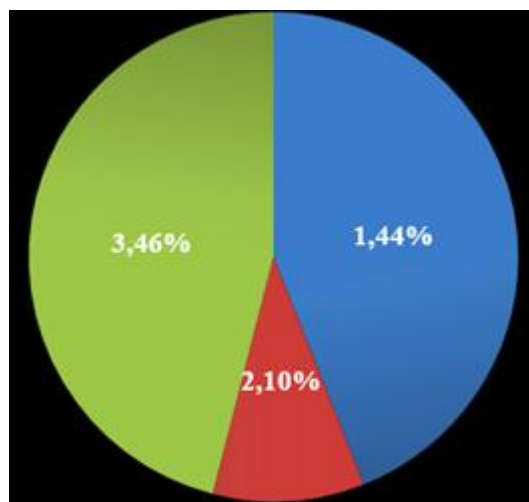
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**Figure 1:** Parents Knowledge about caries. The results showed that only 40% parents were aware of most important cause of dental caries but only 36% parents had knowledge about how to prevent it.



**Figure 2:** Knowledge about fluorides. Majority of the parents (92%) were not aware of fluorides



**Figure 3:** Effect of Mother's diet during Pregnancy on Baby's Teeth. Only 44% parents agreed that mother's diet during pregnancy has an impact on baby's teeth

### 3. Conclusion

Most of the responses given by parents were positive apart from knowledge about fluorides and mother's diet during pregnancy.

So as it is said that Prevention is better than Cure", So Rationale of oral health awareness programme is to improve and motivate the parents about dental health and various treatment modalities. As Parents play a major role in children's life so their support and involvement play a key role in influencing dental health of child. So in the end, it is concluded that this study highlights towards increasing demands for initiation of dental awareness programs.

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