



ISSN: 0976-3031

Available Online at <http://www.recentscientific.com>

CODEN: IJRSFP (USA)

International Journal of Recent Scientific Research
Vol. 8, Issue, 7, pp. 18826-18827, July, 2017

**International Journal of
Recent Scientific
Research**

DOI: 10.24327/IJRSR

Research Article

BRUSHING HABITS IN CHILDREN UNDER 6 YEARS OF AGE IN RURAL AREA (THIRUVALLUR)

Subeeksha V.S., Dhanraj and Marian Anand

DOI: <http://dx.doi.org/10.24327/ijrsr.2017.0807.0574>

ARTICLE INFO

ABSTRACT

Article History:

Received 20th April, 2017
Received in revised form 29th
May, 2017
Accepted 30th June, 2017
Published online 28th July, 2017

Aim: To survey on the brushing habits of children below 6 years in rural areas
Objective: This survey gives an idea about the brushing habits of children below 6 years living in rural areas and how it is related to cavities.
Background: Brushing teeth is an important part of dental care routine. Improper brushing habits results in the formation of plaque which eventually leads to the formation of cavities. Proper brushing habits should be taught to children for maintaining their oral hygiene and to prevent cavities. This study shows the amount of exposure about the benefits of proper brushing among parents and children belonging to semi urban areas. The relation between brushing habits and cavities is also highlighted.
Reason: This study is to create awareness among parents about the importance of proper brushing habits and it's effect and to train their children to develop proper brushing habits.

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INTRODUCTION

The most important part of dental care routine is brushing teeth. Strong and healthy teeth helps to chew the food. They help to speak clearly, and yes, they help to look better.[4] Improper brushing habits results in the formation of plaque which eventually leads to the formation of cavities. Proper brushing habits should be taught to children for maintaining their oral hygiene and to prevent cavities.[7] There is a lack of awareness on oral hygiene in the rural areas. Failing to brush properly can lead to a build up of plaque, which causes tooth decay and can lead to gum disease.[5] A little discipline in practicing proper brushing habits every day will help make it feel like second nature. It's one of the easiest things you can do to maintain the health of your teeth and gums. Dental caries is the most prevalent dental problem among children because they consume lots of candies and sweets.[1] Brushing and flossing are practices to maintain good dental health, along with regular dental visits. This study shows the amount of exposure about the benefits of proper brushing among parents and children belonging to rural areas.

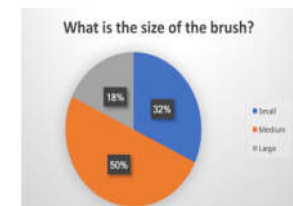
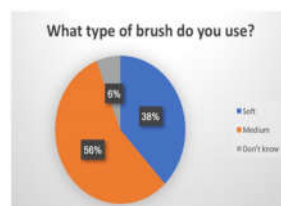
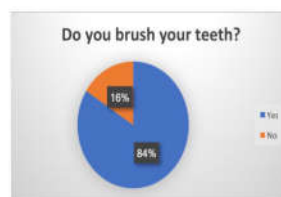
MATERIALS AND METHODS

The study was conducted among randomly selected 50 children living in rural Thiruvallur, India. The children who participated were under 6 years of age. The children were in kindergarten. Questionnaire was asked to the children under the supervision

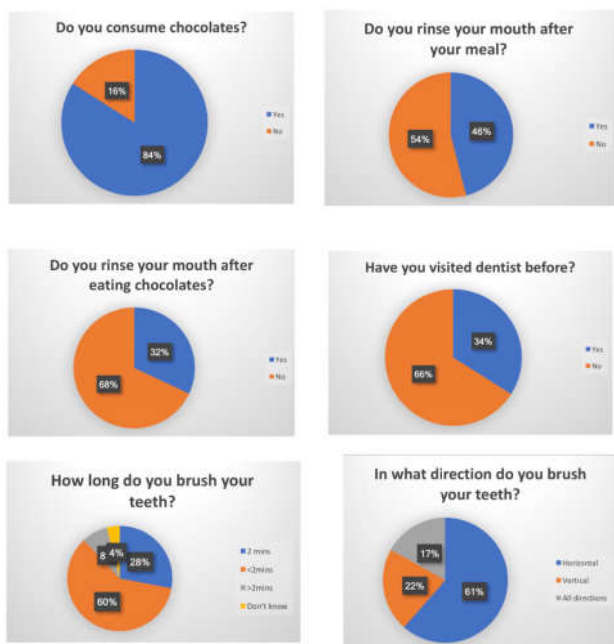
of their parents. The study involved around 10 questions which is based on their basic oral habits and hygiene on daily basis.

RESULTS

In this study 50 children under the age of six along with their parents, were given questionnaires and the data was later analysed. The data has been given in the form of charts for each questions below.



*Corresponding author: Subeeksha V.S



DISCUSSION AND CONCLUSION

The survey results shows that there is a lack of awareness about oral health in rural areas (Rural Thiruvallur). Brushing helps to remove plaque and food debris. Keeping your teeth, gums and mouth clean and healthy can prevent disease and infection, and can help to avoid pain and sickness.[6] Also, a clean healthy mouth feels nice, looks good and keeps your breath fresh. Children need an adult to assist with thorough brushing until they are 8 or 9 years old.[2] Teeth can be brushed twice daily with fluoride containing toothpaste. A small, soft bristled brush is ideal for children. As soon as two teeth are in contact regular daily flossing can be done. The harder and faster you brush might feel more effective, but brushing with this hard, sawing motion actually promotes unhealthy build up between your teeth and gums. [3] Letting particles and plaque build up over time can cause serious problems. Plaque is an accumulation of food and bacteria, which appears in everyone’s mouth, especially in children because they consume lots of sweets, chocolates and candies and it needs to be cleaned off regularly to keep your mouth healthy.[8] Gingivitis is caused by the plaque build-up around the teeth, leading to swollen gums and teeth that bleed when we brush them.[4] Toothpaste on your brush is the best way to apply minerals and other desensitisers to the teeth. Brushing helps to remove stains on the tooth. There are mild abrasives in toothpaste that remove debris and surface stains and help to keep your teeth looking fresh, healthy and white.

The proper brushing technique is to:

1. Place your toothbrush at a 45-degree angle to the gums.
2. Gently move the brush back and forth in short (tooth-wide) strokes.
3. Brush the outer surfaces, the inner surfaces, and the chewing surfaces of the teeth. 4. To clean the inside surfaces of the front teeth, tilt the brush vertically and make several up-and-down strokes.[1]

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How to cite this article:

Subeeksha V.S., Dhanraj and Marian Anand.2017, Brushing Habits In Children Under 6 Years of Age In Rural Area (Thiruvallur). *Int J Recent Sci Res.* 8(7), pp. 18826-18827. DOI: <http://dx.doi.org/10.24327/ijrsr.2017.0807.0574>
