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PREVENTIVE DENTAL CARE FOR YOUNG CHILDREN
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Preventive dentistry is particularly important for children whose teeth, mouth and gums are still developing. Preventing abnormal growth and cavities in children is easier, more painless and less costly than treating dental problems after they have fully developed. More importantly, having a healthy mouth helps children to maintain better nutrition, self-esteem and overall health. Many oral health problems including dental caries and its complications, malocclusion begin in deep childhood and can be prevented by regular dental care and counseling. Although preventive dental care is effective, the percentage of children following that is low. Therefore, it's necessary for parents to pay much more attention to the dental health of their children.

Dental caries is an infectious process involving breakdown of hard tissues of the tooth. Tooth decay in infants and toddlers is often referred to as Baby Bottle Tooth Decay, or Early Childhood Caries. It often occurs in the upper front teeth, however other teeth may also be affected. There are many factors, which can cause Early Childhood tooth decay. One common cause is the frequent, prolonged exposure of the baby's teeth to drinks that contain sugar. Tooth decay can occur when the baby is put to bed with a bottle, or when a bottle is used as a pacifier for a fussy baby, that is one of the most common mistakes and bad habits of parents neglecting dental health of their children. Frequent breastfeeding when the child requires it can also be the cause of the tooth decay. Another bad habit that harms the proper growth of the mouth and alignment of the teeth is thumbsucking. Although it's a natural reflex for children, when permanent teeth begin to erupt, sucking may cause changes in the hard palate and speech difficulties, .

There are some important rules for parents established by the American Dental Association (ADA), that should be followed in order to provide the appropriate dental care for children, such as regular visits to a dentist, including the first "trial" visits, education on healthy daily habits, the use of fluoride toothpaste, proper brushing and flossing techniques, regular cleanings, healthy eating habits, early cavity detection.

A proper care for the child's oral cavity and fluoride supplement will help to avoid Baby Bottle Tooth Decay and its complications, pathological occlusion, contribute to the right development of the permanent teeth and their physiological eruption.