

# The importance of children's oral hygiene in preventing dental caries

## Abstract

Dental caries is one of the most common oral diseases during childhood and may negatively affect children's health, nutrition, and quality of life. Proper oral hygiene, combined with parental guidance and dental follow-up, is essential to prevent the development of carious lesions. This article aims to discuss the importance of children's oral hygiene as a preventive measure, highlighting healthy habits and oral health education from the early years of life.

**Keywords:** oral hygiene, oral health, dental caries, pediatric dentistry, prevention

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## Introduction

Children's oral health plays a fundamental role in healthy development. Among the main dental problems found during childhood is dental caries, a multifactorial disease mainly caused by the accumulation of bacterial biofilm and excessive sugar consumption. Childhood is the ideal period for establishing oral hygiene habits, making the participation of parents and healthcare professionals essential in this educational process. Proper brushing, fluoride use, and regular dental visits significantly contribute to the prevention of oral diseases.

## Objective

To demonstrate the importance of children's oral hygiene in preventing dental caries and promoting oral health.<sup>1</sup>

## Development

Proper oral hygiene should begin in the early years of life, even before the eruption of permanent teeth. Daily brushing with fluoride toothpaste helps remove bacterial plaque and reduces the risk of developing cavities. In addition, healthy eating habits play an essential role in maintaining oral health. Excessive consumption of sweets and sugary beverages favors bacterial proliferation and the development of carious lesions. Another important aspect is oral health education. Children guided from an early age tend to develop greater autonomy

and awareness regarding dental care.<sup>2</sup> The role of dentists and educational projects in schools also contributes to prevention and health promotion.

## Conclusion

Children's oral hygiene is essential for preventing dental caries and ensuring a better quality of life for children.<sup>3</sup> The adoption of healthy habits from childhood, together with regular dental follow-up and oral health education, contributes to reducing oral diseases and developing adults who are more aware of the importance of oral health.

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## Conflicts of interest

The author declares that there are no conflicts of interest.

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