

GOOD ORAL HEALTH PRACTICES - A HEAD START FOR A HAPPY FAMILY



**Adopt a healthy lifestyle towards a harmonious
and healthy family**

GOOD ORAL HEALTH PRACTICES FOR YOU AND YOUR FAMILY

Good oral hygiene practices should start from young. A clean mouth ensures good oral health and prevents caries and gum diseases.

- Good oral hygiene practices should be inculcated as part of your daily personal hygiene routine.
- Brush your teeth effectively to remove plaque.
- Teeth cleaning should begin with the eruption of the first milk tooth. A soft towel may be used for this purpose.
- Parents should help to clean the teeth of their children below the age of six. Use a pea-sized amount of fluoridated toothpaste suitable for children.

- Parents also need to supervise their children's tooth brushing to ensure it is done properly.



- Expectant mothers need to pay more attention to their oral hygiene to prevent gingivitis which commonly occurs during pregnancy.



Parents should limit the use of sugar in the preparation of food and drinks for the family



Caries

- Frequent and high sugar intake is the main cause of caries and may also cause obesity.

- To prevent the occurrence of caries in the family:
 - Do not add sugar to formula milk.
 - Do not let the baby sleep with a milk bottle in his/her mouth.
 - Do not add sugar when preparing meals for children.
 - Choose healthy snacks like fruits, vegetables and low-sugar and low-salt foods.
 - Use fresh milk instead of condensed milk.



Encourage the use of mouth guards during contact sports

- Mouth guards help protect the teeth and gums from injury during sport activities.



- Use mouth guards when involved in contact sports.
 - Rugby
 - Taekwondo
 - Hockey
 - Football
 - Rollerblading



Make the visit to the dentist an annual affair for the family

- Obtain dental advice to improve knowledge and awareness on oral health.
- Regular visits help detect any dental problems at an early stage for more effective management of the disease.
- Dental check-ups for the expectant mother is essential for the maintenance of good oral and general health.

