

NATIONAL TOOTH BRUSHING DAY



ORALHEALTH EDUCATIONPROGRAM

VENUE: Hosanna Children's Home, Kadumbadi

DOCTORS PARTICIPATED: Dr. Prabhu

INTERNS PARTICIPATED : Dr. Lalitha

Dr. Sandhiya

Dr. Nivetha

Dr. Mohana Krishnan

Dr. Kabini

Dr. Jeyashree

Dr. Keerthana

INTRODUCTION:

We the interns of chettinad dental college wanted to spread awareness about importance of toothbrushing as a part of Tooth Brushing Day on November 5. "As you sow, so you reap", as the going says we can attain a good oral health only if we educate people good oral habits. Tooth brushing is one of the basic steps to oral hygiene. So we planned to cultivate proper and effective toothbrushing among young children.

As an initiative to a nation with healthy oral cavity we planned on a oral health education program at Hosanna children's home, Kadumbadi

A small introduction of who the dentist are, and what the dentist do is given, and a self introduction were given.



ACTIVITIES:

Introduction

Health education with Audiovisual aids

Interactive Game Session

Brushing technique Demo

Health talk

Screening

Presents to kids

Children made to brush

Health education with Audiovisual aids

Animated videos of functions of teeth, importance of brushing, brushing habits and food habits were played to grab the attention of the students. Different set of videos were played according to their age group.



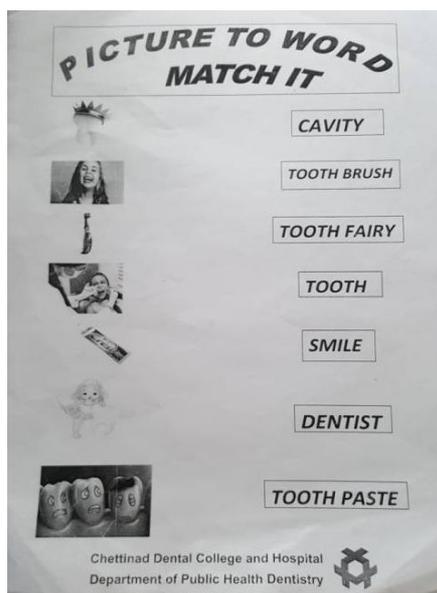
GAMES SESSION:

Few games were conducted to interact with the kids and make them interested in the session. Different games were conducted for different groups.

1.CONNECT THE DOTS



2.MATCH IT (Picture to Word)





HEALTH TALK:

The children were given a brief knowledge about oral hygiene maintenance, importance of nutritious diet, importance of dental visits, progression of dental caries, importance of tooth brushing and routine brushing habits

The children's doubts about their problems were addressed and various treatment plans for their problems were explained.



SCREENING :

All the children of the school were screened and those who required treatment were referred to Chettinad Health and research institute.



PRESENTS TO THE KIDS

To encourage the children we had planned of giveaways for them each child was given a toothbrush and toothpaste.



Children were made to brush:

After giving the tooth brushing demo, the children were made to brush according to the fone's technique.



CONCLUSION:

The children interacted well in the sessions. The activities and videos played a major role in dragging their attention and made them eager to listen to us. They came to know about proper brushing habits and food habits, and who dentists are, what they do and various other dental problems. The kids education program was a fulfilled education program.

