

Drexton Oralcare Awareness Program

Welcome on-board !

We are happy to welcome you to our Gaborone Children's Oralcare Awareness Program. We know teachers are the guiding light for our future generations, and our Drexton family is proud to have all you esteemed teachers with us on our kids' oral care journey.

This Program is collaborated with Honourable Gaborone Councillor Phuthego Modise, with his great presentation and organizing assistance.

In this program, we aim to train teachers from schools all over Botswana in educating all schoolkids about oral hygiene and the prevention of dental diseases. With immense support from the local authorities and our respected councilor, we have organized a two-days program for the teacher's training in Gaborone, Botswana, on the 12th and 13th of November, 2022.

A oral-care survey would be followed after our session, and, after our teachers done with their teaching in schools. Hopefully if you guys feel it fruitful and meaningful, let us stick to our program on a annual basis, so we do not omit the oral health of our children during their growth. And, we would witness their improvements through our effort and monitoring.

The sessions will be conducted by Mrs. Bridgette, from the team of Drexton International, in collaboration with our delegating dentist in town.

Itinerary:

DAY 1:

1. Inauguration
2. Module 1: Dental problems in children.
3. Module 2: Most important brushing tips in for kids
4. Break
5. Module 4: When does your tooth shed and erupt ?
6. Module 5: The correct diet for kids

DAY 2:

1. Module 1: Learning brushing techniques on models - a hands on program
2. Module 2: Bad dental habits in kids
3. Break
4. Module 3: What can be defined as the right toothbrush and toothpastes for kids

5. Module 4: Importance of seeing a dentist for kids.
6. Q & A session
7. Distribution of the questionnaires and announcement of the instructions
8. Vote of thanks.



About Us:

Drexton International provides a one-stop solution for a selective range of oral health products, customized and fabricated with the latest technology and personal care. Empowered by our dedicated dental scientists team, as well as experienced herbalists, our products are uniquely curated for your oral needs.

Baby teeth and their mysteries!

1. Baby teeth are tiny and have gaps. Do not worry! The spaces are to accommodate the larger permanent teeth later.

2. The baby tooth has fallen long time ago but the new teeth have not erupted. Why ?

Let's understand the eruption timings for the baby teeth (refer for Fig. 1):

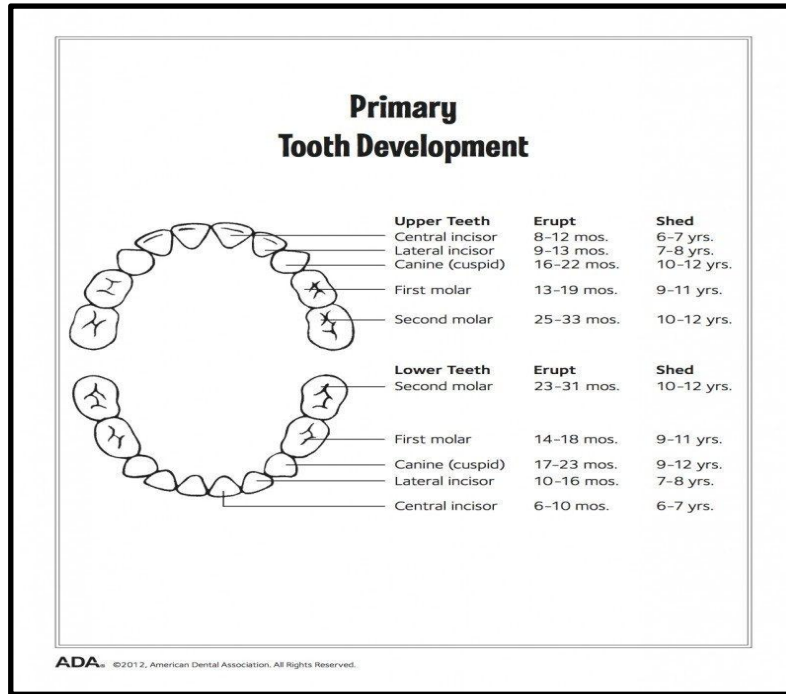


Fig. 1

Eruption timings for permanent teeth (refer to Fig. 22):

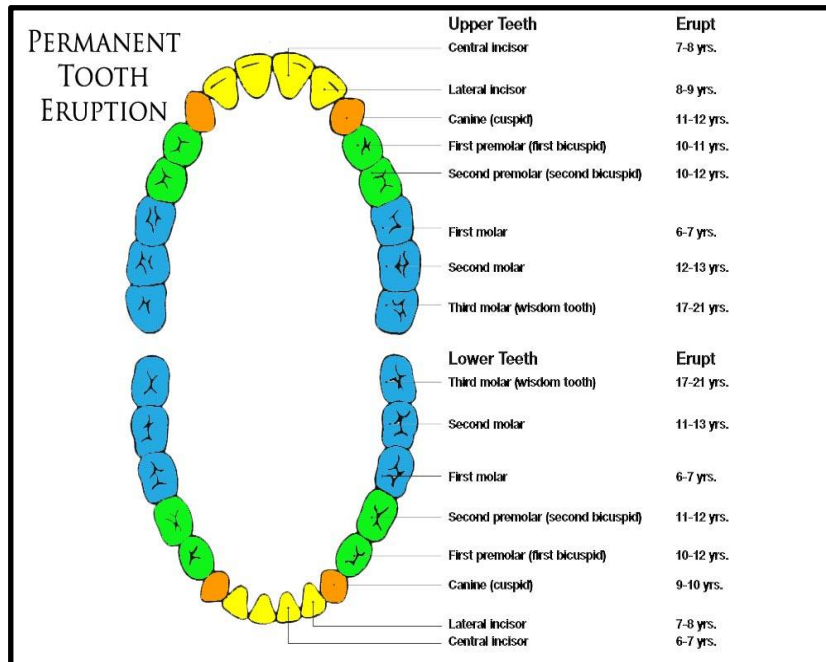


Fig. 2

All tooth eruption timings have a range. They can vary from child to child. Do not be worried, if a tooth sheds early or erupts late. Visit the pediatric dentist periodically.

3. A shaky baby tooth:



It is strange that the baby tooth becomes shaky in cycles. This is normal. Simply encourage the child or keep exerting pressure on it yourself. Apply an ice cube to the area to numb it

once you feel that it has significantly loosened. Then, using clean hands, press firmly in one direction while twisting for about a minute, then in the other direction for another minute. This is much more effective than rocking the tooth back and forth to gently pry it out of the socket. You can also take the child to the dentist to have any loose milk teeth extracted while they are under local anesthesia.

An ideal diet for kids that helps maintain oral health:

A soft diet, especially one that's high in sugar, is an absolute No- No for kids. Sweets, savory snacks, and chocolates are okay once in a while, but not on a daily basis.

The diet for children has to be balanced. It includes:



- **Vegetable:** seasonal veggies and green leafy vegetable.
- **Fruits:** seasonal fruits high on water content, fibre and minerals. For example, cucumbers, apples, melons, etc.
- **Proteins:** Exceptional sources of protein that fortify tooth enamel include nuts, almonds, low-sugar peanut butter, lean meats (such as turkey, chicken, and white fish), and poultry.
- **Calcium-rich foods:** Broccoli, low-fat cheese, milk, and yogurt all contain a lot of calcium, which helps to strengthen enamel. Cheese increases the pH in the mouth,

lowering the risk of cavities. Chewing aged cheeses like swiss, cheddar, and Monterey jack also produces more saliva, which helps to clean teeth.

- **Fluoridated water:** Fluoride is present in tap water in most places, which helps to clean and strengthen teeth.

Dental problems in children



- Cavities

Sugary foods breakdown into acids that destroy the tooth enamel causing cavities.

- Dental emergency

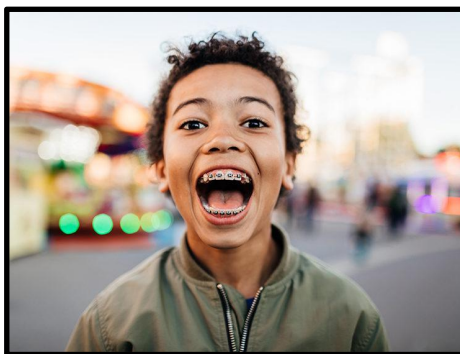
A severe toothache, a sudden fall causing a broken tooth / popped tooth demand immediate attention of the dentist.

- Gum bleeds

Plaque, deposits, and even a shedding tooth can cause gum disease in children.

- Malaligned/crooked/proclined/retruded teeth

Jaw expanders, appliances, braces, and aligners can take care of such issues.



- Teeth grinding

The majority of babies and toddlers exhibit this unintentional habit. Children who experience jaw pain as their primary teeth begin to erupt may clench or grind their teeth.

- Bad breath

Chronic bad breath in children could indicate a deeper root issue

- Early loss of baby tooth

Cavities or gum diseases, whatever the reason, can cause tooth loss.

- Bad oral habits

Nail biting, thumb sucking, mouth breathing, and so on are habits that can have detrimental effects on the teeth and gums.



- Phobia / anxiety

Children and teenagers frequently experience similar levels of anxiety. Dental anxiety can make it challenging to get your child in for their routine dental checkups and teeth cleanings.

Children are more prone to dental issues. Let us understand why:-

1. **Bottle feeding:** babies often sleep while sucking on their milk bottles. The lactose in milk is a perfect breeding ground for cavity-forming bacteria.



2. **Sugary foods:** snacking on sugary foods like chocolates, biscuits, candies, toffies, cookies, etc. is harmful to the enamel.
3. **Junk food:** Long-lasting residues from unhealthy junk foods like pizzas, french fries, potato chips, and nachos these cause gum bleeding and bad breath.
4. **Irregular brushing:** It can be challenging to train kids, especially when it comes to oral hygiene.

Why should you care for your child's baby teeth?

It's common for parents to think that milk teeth will be shed eventually, so why care? A child's milk teeth play a pivotal role in his overall health and confidence. Let's understand why:

1. Persistent cavities in milk teeth can damage the underlying permanent tooth bud.
2. Losing a milk tooth too early can cause crooked adult teeth, impaired chewing, and poor speech.
3. Children who have distorted front teeth lack confidence when smiling and interacting.
4. Children become irritable due to ongoing tooth pain and bleeding gums.
5. Poor oral hygiene is a source of bacteria and infection that travels into the gut with food and affects your general health.
6. Parents who succumb to their child's fear of the dentist end up doing more harm than good.

How to take care of your kid's dental health:

1. Reduce bottle-feed at bedtime.
2. Avoid frequent snacking and sugary foods
3. Brush twice daily



4. Use a child-friendly toothbrush and toothpaste
5. Visit your pediatric dentist periodically.

Tips and tricks to make your child brush better!

Using a 45-degree angle, gently press the toothbrush against the gum line.

During each dental cleaning, brush every tooth.

Brush from the tooth's root to the chewing surface.

Use quick, sweeping motions to brush the chewing surfaces.

From back to front, gently brush your child's tongue and mouth roof.

Don't miss the last teeth from each row.

---Bass Brushing Techniques for kids.



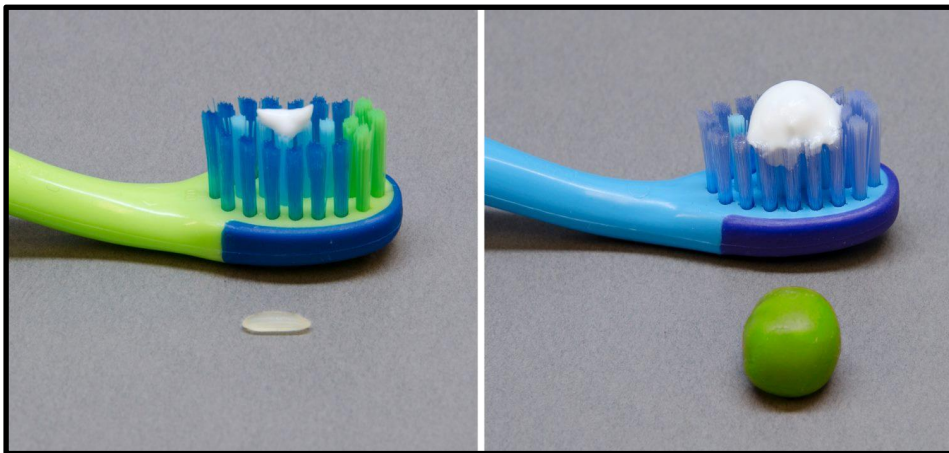
Choose the right toothbrush!



Drexton International's Lulu&Didi Range toothbrushes are an absolute favourite. It is dumbbell shaped to ergonomically fit into the small palms of kids. These handles are available in bright colours with designs and images of our cartoon characters, with stories(www.facebook.com/luluanddidi). Kids get to choose one, depending on their

favourite comic icon! The brush head is small and oval-shaped to easily fit into the mouth of a kid. With an inbuilt tongue cleaner, it is now easier for mothers to complete the challenging task of brushing their children's teeth in a jiffy. The bristles are bio-friendly, round-tipped and are of different lengths. This ensures intimate cleaning of the baby and the adult teeth of different sizes.

Toothpastes!



If your child is under three years old, there are "training toothpastes" you can use. Since training toothpaste is fluoride-free[Drexton's toothpastes are fluoride free, with soda(whitening) and herbs which helps preventing gum bleeding and swollenness], it is safe if they accidentally swallow some. The American Dental Association (ADA) advises using a "smear" of fluoride toothpaste and brushing your child's teeth once in the morning and once at night if they are under three years old. This smear shouldn't be larger than a rice grain. Apply a pea-sized amount to your child's toothbrush if they are older than three years old.

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