

# 從小養成自我口腔衛生習慣的重要性

## The Dental Professional's Role in Establishing Oral Health Habits Early

By Elisa Brittain, RDH, BS-March 7, 2019



研究表明，**從小就開始養成習慣的孩子到成年後更可能保持這些習慣**。如果他們養成的習慣是健康的，這將是有益的，例如每天刷牙兩次，每次刷兩分鐘，並讓他們定期去看牙醫和口腔衛生師。另一方面，**如果兒童時期就養成不良的習慣，則可能會持續一生**，例如每天刷牙不到兩次、不定期拜訪牙醫以及不了解口腔健康的重要性。建立習慣以促進一致和完整的口腔照護程序是非常重要的，牙科專業人員在幫助塑造這些習慣方面扮演著重要角色，在定期牙科檢查時透過衛生教育，可以使所有年齡層的人都能輕鬆愉快地建立自我照護。

### 確立正確口腔衛生的重要性

幫助父母參與孩子平常的家庭護理的一種方法是，教育他們孩子在兒童時期形成的習慣將在他們的餘生中一直被遵循著。正如牙科專業人士所知道的那樣，口腔健康常常被忽視且沒有得到應有的重視，不到 50% 的人每天刷牙兩次，多達 35% 的人沒有定期去看牙醫。這會導致口腔中的齲齒、疼痛和疾病，也會在心理上產生影響

2017 年進行的一項研究表明，**牙齒健康狀況不佳的青少年患者有較低的自尊心，這可能會對他們的一生產生負面的心理影響**。美國美容牙科學會所做的另一項研究表明，有 75% 的人說他們根據

一個人的笑容來與成功連結在一起，並且四分之一的美國人因為牙齒的狀況而避免了微笑。**當孩子擁有健康、乾淨的牙齒時，這可以幫助他們在成長的過程中，從微笑中表現出自信和自尊。**

此外，許多父母並不知道口腔與其他狀況和疾病之間存在著系統性聯繫。如果兒童從小就有不良的口腔健康習慣，並且不了解照顧牙齒的重要性，那麼他們可能會在成年後患上牙周病，這也與糖尿病、呼吸系統疾病、心臟病和阿茲海默症等其他疾病有關。**總體而言，強調口腔衛生的重要性，並提醒父母，孩子的習慣對他們在日後的生活影響有多大，可以激勵父母在家裡與孩子保持一致的日常自我口腔衛生習慣。**

## 習慣的養成

布朗大學的一項研究表明，**一旦孩子到了九歲，他們的日常生活和習慣就不會隨著他們的成長而改變**。這意味著兒童早年的日常生活比以前想像的要重要得多，並且對他們成年後的習慣影響深遠。與那些沒有保持牙齒和牙齦健康的基本習慣的患者相比，長期堅持自我口腔衛生習慣的患者更有可能獲得更好的口腔健康。我們知道孩子的習慣在未來的口腔健康中起著重要的作用，便應該了解良好口腔衛生習慣的重要性，並鼓勵人們養成健康的日常習慣。可惜的是，我們每年只有兩次機會（如果父母準時帶孩子）來幫助加強口腔衛生習慣的重要性。鼓勵孩子和父母養成這些習慣，對於建立一生良好的口腔健康至關重要。

## 用正確的工具來獲得健康

對於孩子們來說，很難讓口腔衛生變得有趣。通過適當的工具和教育的結合，孩子們可以建立他們實際希望遵循的習慣。有廠商與孩童家長、兒科牙醫和孩子進行了研究以幫助設計出適合孩子的電動牙刷。當您想到一個孩子的牙刷，您可能會想到一個帶有閃光燈、音樂、貼紙等的適合孩子大小的牙刷。結果令人驚訝的是，他們發現孩子很快對「幼稚」的牙刷失去了興趣。相反地，他們希望並喜歡使用與父母相似的牙刷。像爸爸媽媽一樣，讓他們覺得自己長大了。因此，他們在日常的自我口腔照護程序中承擔更多責任，並為此感到自豪。

總之，牙科專業人員在幫助兒童和父母了解一致的口腔照護程序的價值方面發揮著極其重要的作用。孩子們往往不能正確地刷牙，或刷牙時間不夠長，鼓勵父母參與孩子的刷牙習慣可以為孩子提供更好的口腔照護。我們知道，童年的生活習慣會陪伴他們一生，這可以激發父母與孩子一起養成健康的自我口腔衛生習慣。

**在建立孩子自我口腔衛生習慣時，不妨讓牙科專業人員一同幫忙家長協助孩子輕鬆養成正確習慣。**

# **The Dental Professional's Role in Establishing Oral Health Habits**

## **Early**

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Studies show that children who start developing habits at an early age are more likely to keep these habits through adulthood. This can be beneficial if the habits they are forming are healthy, like brushing for two minutes twice a day and getting comfortable visiting the dentist and hygienist regularly. On the other hand, unhealthy habits can last a lifetime if developed in childhood, like skipping out on brushing twice a day, not visiting the dentist regularly, and generally not understanding the importance of oral health. Establishing habits that promote consistent and complete oral care routines is extremely important, and dental professionals play a large role in helping shape these habits through OHI at regular dental visits and recommending products that can make home care easy and enjoyable for all ages.

### **Establishing the Importance of Proper Oral Hygiene**

One way to help parents get involved with their children's home care routines is to educate them about how the habits children form in childhood will likely follow them throughout the rest of their lives. As dental professionals know, oral health is often neglected and not prioritized as it should be, with less than 50% of people not brushing twice a day, and up to 35% not visiting the dentist regularly. This can lead to decay, pain, and disease in the mouth, but it can also have an affect psychologically.

A study conducted in 2017 shows that adolescent patients with poor dental health can have lower self-esteem which can have a negative psychological effect on them throughout their lives. Another study done by the American Academy of Cosmetic Dentistry showed that 75% of people say they associate success based on the appearance of a person's smile and that 1 out of 4 Americans avoids smiling due to the condition of their teeth. When children have healthy, clean teeth, this can help give them confidence and self-esteem that shows in their smiles as they grow up.

Additionally, many parents do not know there is a systemic link between the mouth and other conditions and diseases. If children grow up with bad oral health habits and don't understand the importance of taking care of their teeth, they could develop periodontal disease as adults, which is linked to other conditions, such as diabetes, respiratory illness, heart disease, and Alzheimer's disease. Overall, reiterating the importance of oral care habits and reminding parents how likely children's habits may impact them later in life can motivate parents to encourage a consistent care routine at home with their children.

## Habits

A study out of Brown University said that once children turn nine years old, their routines and habits are unlikely to change as they grow up. This means that the daily routines of children in their early years play a much larger role than previously thought, and is instrumental in the habits they have as adults. As dental professionals, we know that habits play a major role in oral health. Patients with consistent, long-term oral care habits will most likely have better oral health than those who don't form the basic habits that keep their teeth and gums healthy. Knowing that children's habits play a large role in their future oral health, we should acknowledge the importance of good oral care habits and help encourage healthy routines. Unfortunately, we only have two opportunities per year (if parents take their children on time) to help reinforce the importance of oral hygiene habits. Encouraging the child and the parent to make these habits a consistent routine is essential to establishing a lifetime of good oral health.

### Providing the Right Tools to Get Healthy

It's hard to make dental hygiene fun, especially for kids. With the right combination of tools and education, children can establish routines that they will actually want to follow on a regular basis. One example of a tool that helps develop these healthy routines is the quip Kids Electric Toothbrush. When you think of a kid's brush, you may think of a kid-size brush with flashing lights, music, stickers, and so on. Surprisingly, after quip conducted research with parents, pediatric dentists and kids to help design the perfect toothbrush for kids, they found that kids quickly lose interest in "childish" brushes. Instead, they want and enjoy using brushes that look like their parents'. Having a brush like mom and dad's makes them feel grown up. Therefore they take more responsibility and pride in their daily oral care routines.

Additionally, kids enjoyed the sonic vibrations and benefited from the two-minute timer, and 30-second guiding pulses of quip features that are absent from many disposable kids brushes, or are often only available in expensive adult brushes. They also received the subscription service that ensures kids will get their brush heads delivered right to their house, which makes for an interactive, fun experience that excites and encourages children to change out their old brush head for a fresh one.

Lastly, each child receives a kid-friendly brochure filled with dental tips and instructions, just for kids, to help motivate them to start their routines off right. This can be a simple and effective way to get children into oral care and help them establish healthy habits they will be able to use throughout their lives to keep their teeth and gums healthy.

In conclusion, dental professionals play an extremely important role in helping children and parents understand the value of consistent oral care routines. Children tend not to brush properly, or for long enough, and encouraging the parents to get involved with their child's brushing routines can lead to better oral care for the child. Knowing that childhood habits stay with kids for life is something we can use to motivate parents to practice healthy oral care habits with their kids. Additionally, providing parents and children with the right tools and education can make proper and consistent brushing more fun for a brighter, healthier smile.