

HEALTH EDUCATION IN PRE-SCHOOL COMMUNITIES

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Abstract: Through the sanitary education activity, doctors are contributing to the preventive medicine application. All the sanitary education actions successfully developed in children's communities are followed by low expenses related to oral cavity treatment.

Keywords: diet, hygiene

Rezumat: Prin acțiunea de educație sanitară cadrele medicale contribuie la aplicarea medicinei preventive. Toate acțiunile de educație sanitară desfășurate cu succes în colectivitățile de copii fac ca cheltuielile ulterioare legate de îngrijirea cavității bucale să fie mult mai reduse.

Cuvinte cheie: dietă, igienă.

In order that prevention in the stomatological field should be efficient, it should be introduced even from kindergarten.

Prevention consists in oral cavity hygiene activities in kindergarten, day nurseries with the help of the specialized personnel and teaching staff.

The objectives of the oral cavity hygienization in the pre-school communities are the following:

1. the introduction of the dental brushing kit and its use;
2. the establishment of a proper diet from the stomatological point of view;
3. lecturing on oral cavity hygiene, presenting film strips and film slides.

Within the pre-school communities, each child should have its own dental brushing kit marking his/her name and of the group he/she belongs to, on the tooth brush and on the glass. Under the guidance of the nurse and of the pedagogue, each child should learn the correct tooth brushing technique, using the flour tooth paste. The corresponding diet from the stomatological point of view should be established together with the kindergarten chief-nurses, these ones being previously trained on the importance of the correct child's feeding. Most important is that the meal of 10 o'clock should suppress sweets and introduce consistent food (apples, carrots). After each meal, the children will be taught to rinse their mouth.

The lectures on the oral cavity hygiene will be held by the nurses who will address to the children by using more and more simple words to their understanding and by presenting film strips or slides.

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