

Be the Cure Not the Reason for his Disease

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First, we need to get the definition of the article's subject which is the tooth decay, also known as dental caries. According to U.S. National Institute of Health (NIH), tooth decay is an infectious disease considered as the destruction of the tooth enamel because of acids produced by the bacteria in plaque, sticky film of bacteria is constantly forming on the tooth, after eating or drinking sugared beverages. If left untreated, this infection can lead to gradual loss in the minerals that form the tooth including Calcium or phosphate. Over time, the lesion can grow through the outer enamel layer to infect the underlying dentin or even the innermost pulp so the tooth lose its vitality.

Obviously, There is a huge gape in the proportion of children with tooth decay in developed and developing countries. There is a huge decline in proportion of children with tooth decay in the developed countries due to many reasons: treatments, sustainable prevention programs and many other important implemented strategic. In the other hand, developing countries are mired in tooth decay. This raise a number of questions: is it because of eating habits, lack of awareness or because of carelessness? Whose responsibility is it to spread the awareness about it? What is the mother role to reduce the risk of cavities? What is the school helping role in this? What are the main steps and strategies needed to be implemented to get over the ghost of tooth decay?

Food is a 'Double-Edged Sword'

Undoubtedly, food is the essential element for children's growth so mothers are carefully looking for the best food in quality and quantity for their children.

Still, some mothers miss very important information about how the type of food, its texture, meals numbers and teeth cleanings can affect teeth health and cause teeth decay in some cases.

Mother's role in choosing her child's food and watching his eating habits

From the preceding, there are two types of food: useful food that helps kids growing, bad food that causes many health problems. Mother needs to be aware of her child's food quality and keep an eye on his eating habits.

Food type: Mothers who offer carbohydrate and sugary food to their children increase their chances of getting tooth decay more than the ones who offer milk products and fiber foods like fruits and vegetables. The last provides the child with vitamins to help building teeth, increase the resistance against decay and stimulate secretion of saliva that wash teeth of acids.

Food texture: Rye bread stimulates chewing, strengthens the muscles of jaws and rubs the teeth. While soft bread is easily broken down into sugar by saliva and stuck to the crevices between teeth that can cause cavities. Mothers need to be aware of all these sticky sugars (sticky candy, stuffed chocolate, caramel, cotton candy, baked desserts, nuggets and raisins) that increase the risk of having cavities.

Number of meals: The child who eats lot of sweets one time then brushes his teeth is less likely to have teeth decay than the one who eats small amounts in different times during the day. The bacteria in the second case is constantly supplied with sugar while the bacteria in the first case doesn't find the needed amount of sugar to produce acids after brushing the teeth.

Soda (The delicious danger)

We adults ourselves can't resist the temptation to drink soda whether it's because of the can shape or its sweet taste or its promotion. Imagine how it could be for a child!

We don't usually read the ingredients otherwise we would stop drinking soda. As a result, we are not aware of its countless damages. Here is the dark truth behind that liquid candy and 10 reasons to skip soda:

- It contains zero nutrients
- it can lead to Osteoporosis.
- Soda contains caffeine which leads to iron-deficiency anemia
- It make you lose your appetite
- Soda causes indigestion
- It makes you gain weight
- it leads to digestive enzymes disorder.
- Soda weakens Kidney function and leads to kidney stones.
- It causes carcinogenic diseases
- It's damaging your teeth. Neither sugar nor acids are good for teeth especially for children's teeth. Not only does the sugar cause cavities, the acids in soda etch off tooth enamel and lead to decay.

Healthy alternatives and interesting techniques

A healthy generation with no tooth decay is what we desperately need at this time. The real change starts within each and everyone of us especially mothers who could be an advisor to their children to reduce tooth decay. Mother need to be sure of her child eating habits and teach him about what is good and what is bad for his body and his health. Also, she can use interesting techniques to attract his attention to healthy food: A change in presentation and cubes of brightly colored fruit are always fun and can make all the difference.

Let your kid drink water, natural beverages and fresh juices instead of soda between meals. And there are unsweetened camomile tea and milk that strengthens bones and teeth.

Kids usually refuse to clean their teeth in regular basis so its mum's responsibility to create new ways to attract him. Mums can use different approaches to attract their child: playing approach, the carrot approach and motivating approach. Racing games are the best when it comes to playing approach; Count to three to reach to definite point and ask him who will finish his plate the first when lunch time comes then tell him the winner is the one who brushes his teeth first. Mums can motivate their kids by bringing a colorful brush teeth or let them choose the one they like the most and she can even use the carrot approach. It is by using the rewards to induce desired behavior so mums can reward their child with small gift by the end of the day when he does a great job. Mums need to follow up the healthy eating system of their child since the start of the school year Because of the absence of monitoring school canteens. Canteens sell a very unhealthy food like potato chips, soda and candies as the main commodities so mums need to prepare their child's lunch before school.

Mother's and school's shared responsibility

Schools should have mentoring cafeteria staff to make sure the cafeteria does not sell any junk or harm foods so it can reduce the unhealthy and wrong habits.

Moreover, Schools should spread awareness between parents and children about the healthy food using Modern scientific methods based on representation and application.

Let us not forget the important of the academic staff in Provision of guidance and support for children about the importance of teeth health and how to take care of them.

Lastly, Following these tips on a regular basis is the most effective way to keep your children's baby and permanent teeth in good condition, help prevent tooth decay and ensure that your children receive prompt treatment for any problems that are detected early.