

Title of Intervention: An Educational Oral Health Intervention for Mothers of Young Children

Intervention Strategies: Supportive Relationships, Environments and Policies

Purpose of the Intervention: To improve dental health habits of young children by educating their mothers about dental health.

Population: Mothers of young children

Setting: London; home-based

Partners: None mentioned

Intervention Description:

- Supportive Relationships: Mothers were visited by an oral health educator on three occasions during the first two years of their child's life. Mothers were counseled on food and drink intake of their children. Two oral health leaflets were given to reiterate the advice. The oral health educators advised mothers on the use of fluoride supplements and cleared up any doubts about their safety.
- Environments and Policies: A free supply of fluoride drops was offered to all mothers. After the third visit, a free junior toothbrush was provided.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Oral health educator
- Training: Not mentioned
- Technology: Not mentioned
- Space: Access to homes
- Budget: Not mentioned
- Intervention: Fluoride drops, junior toothbrushes, oral health education leaflets
- Evaluation: Printed questionnaires, clinical examination materials, interview protocol

Evaluation:

- Design: Experimental
- Methods and Measures:
 - Questionnaire to assess mother's knowledge of dental health
 - Interviews to assess the mothers' acceptance and use of fluoride drops and the oral hygiene practices of their children
 - Clinical examinations to check for caries, plaque and gingivitis

Outcomes:

- Short Term Impact: Not reported
- Long Term Impact: Nearly all intervention mothers accepted the offer of fluoride drops. At five years, there were significantly more children with no caries in the intervention group. Gingivitis and plaque scores were also significantly lower for the intervention group.

Maintenance: Not mentioned

Lessons Learned: Not mentioned

Citation(s):

Holt RD, Winter GB, Fox B, Askew R, Lo GL. Dental health education through home visits to mothers with young children. *Community Dent Oral Epidemiol.* Apr 1983;11(2):98-101.

Holt RD, Winter GB, Fox B, Askew R. Effects of dental health education for mothers with young children in London. *Community Dent Oral Epidemiol.* Jun 1985;13(3):148-151.