

# Toothbrush Diaries: Motivating Improved Oral Hygiene in Pediatric Dentistry

## INTRODUCTION

- Despite advice to brush twice daily, many children struggle with proper habits, leading to dental caries.
- Toothbrush diaries may promote self-monitoring and motivation, but research on their effectiveness in children is limited.

$H_0$ : There is no difference in caregivers' attitudes between initial expectations and actual experience of using the toothbrush diaries for their children

$H_A$ : There is a difference in caregivers' attitudes between initial expectations and actual experience of using the toothbrush diaries for their children

## OBJECTIVES / HYPOTHESIS

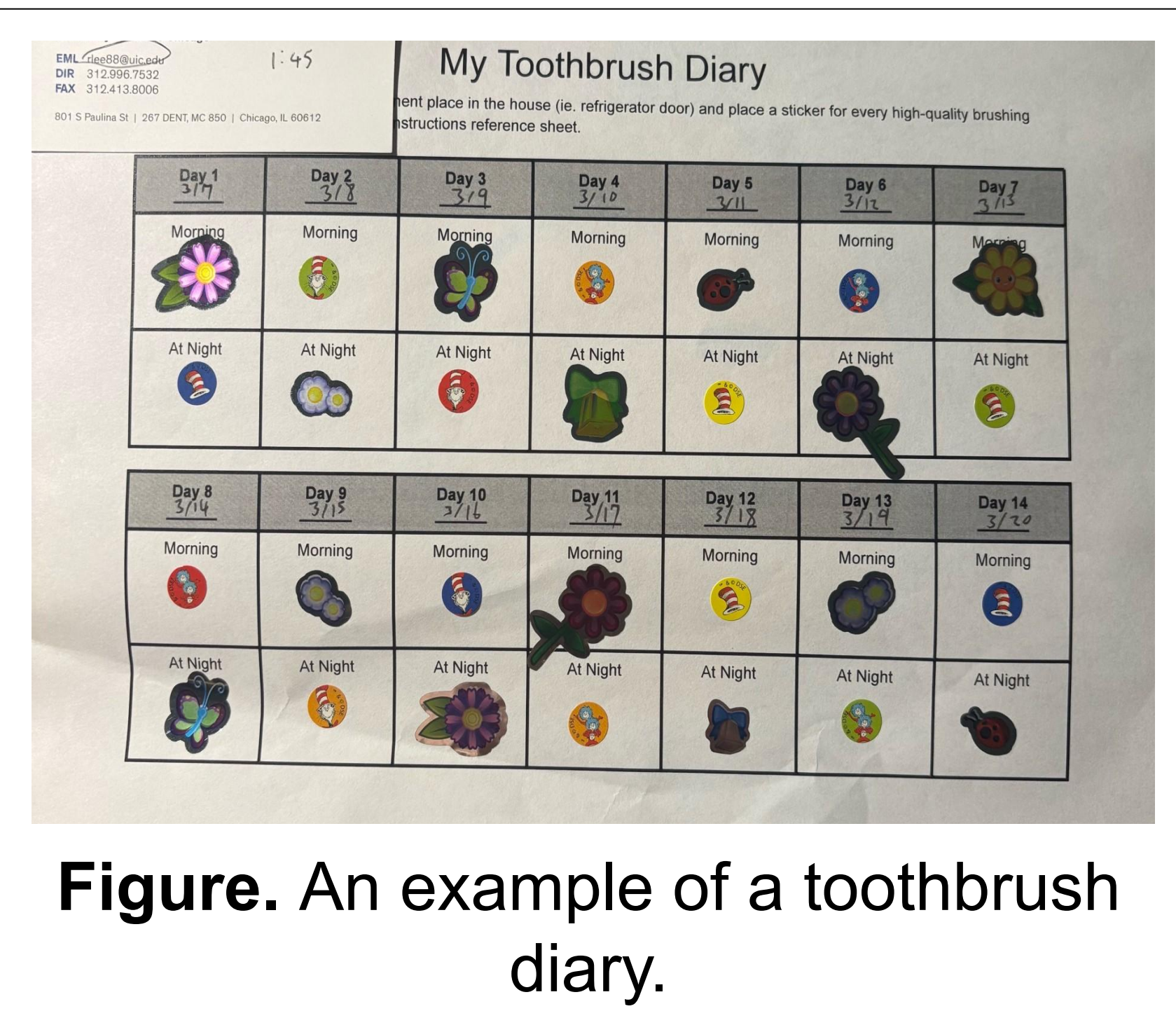
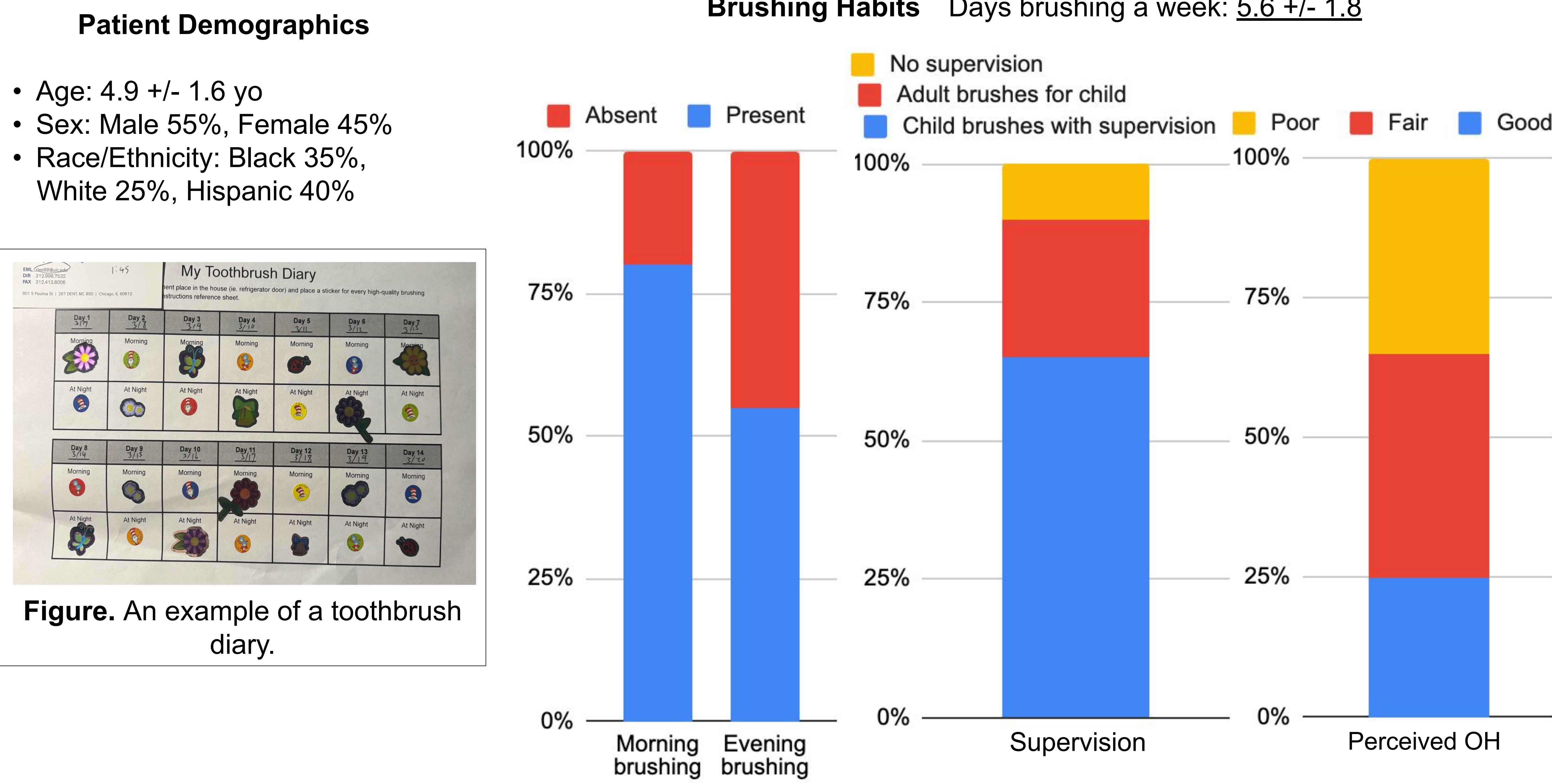
- To assess the acceptability and feasibility of toothbrush diaries for caregivers in the pediatric population
- To compare how initial expectations match up to actual experience

## METHODS

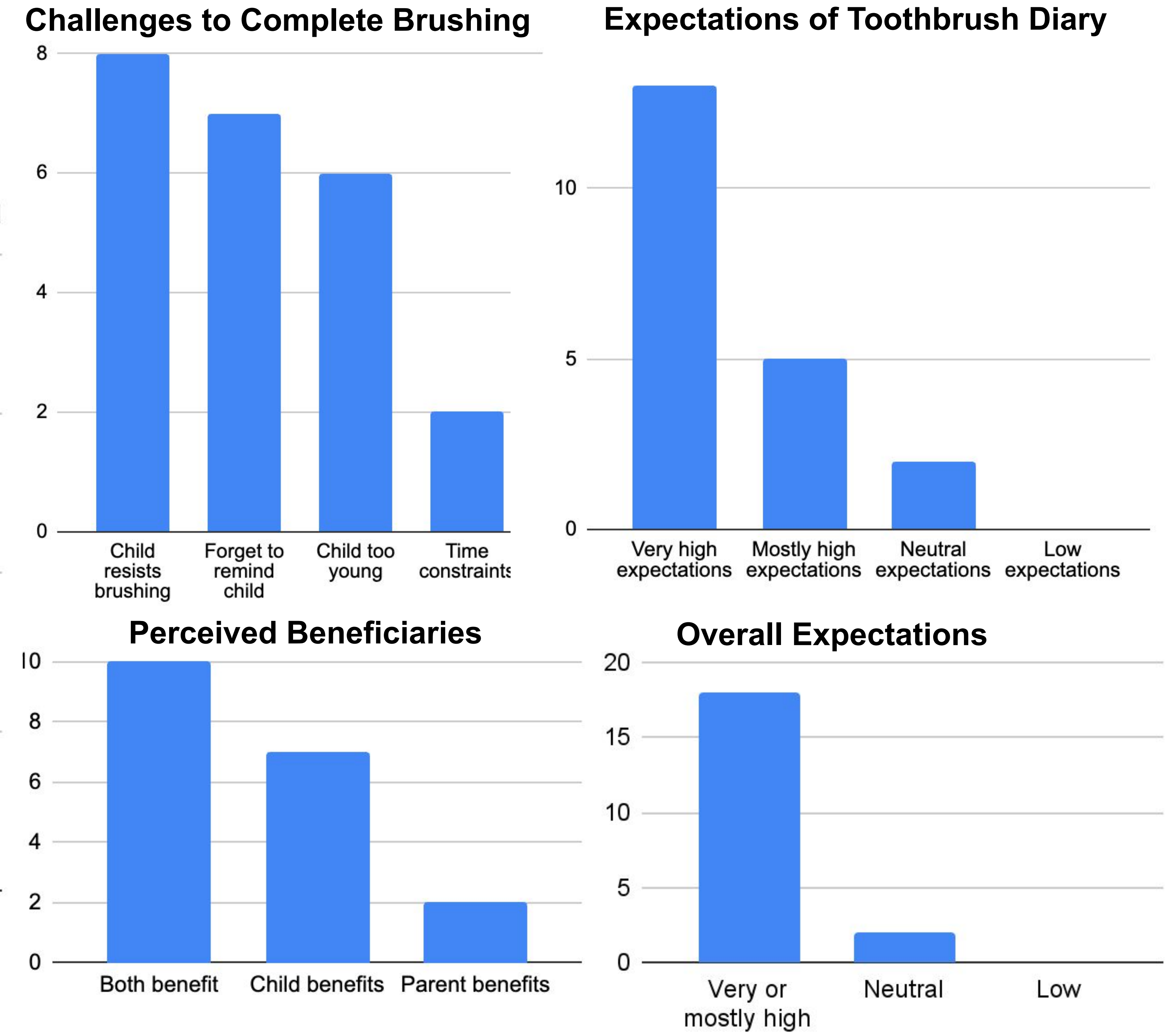


Inclusion criteria	Exclusion criteria
Caregivers of patients at the Outpatient Care Clinic	ASA II+ patients
Patients between 3 to 9 years old	Children with Special Needs
About to receive complete oral rehabilitation	Non-English speakers
Medically healthy	
Primary English speakers	

## RESULTS



**Figure.** An example of a toothbrush diary.



## CONCLUSIONS

- Toothbrush diaries* have the potential to improve patients' awareness of their oral health and promote oral hygiene habits.
  - Caregivers of pediatric patients view *toothbrush diaries* positively.
- The effectiveness of toothbrush diaries in children remains uncertain. We propose to study the use of toothbrush diaries in high caries risk children, combining it with a reward system may have behavioral benefits and foster good OH habits. The primary aim of the proposed study is to assess the attitudes caregivers have towards toothbrush diaries for their children.

## REFERENCES

