

SANITARY EDUCATION AND HYGIENIC TRAINING IN GROUPS OF CHILDREN OF SENIOR PRESCHOOL AGE

3-4 years old. At this age, children increase the number of movements they perform. They can already ride a tricycle. The time during which they can concentrate their attention increases from 4 to 8 minutes. There is a further development of their mentality, which consists in an increase in their vocabulary, which is about 850 words. They also begin to form more complex sentences, which already consist of several (4-5) words. However, this is still the period when bystander adults find it difficult to understand the child's wishes and utterances.

Pediatric dentists who encounter children of this age guess more about the child's desires from the individual behavioral signs that are most typical for this age group.

At this age, the dentist can give such a patient the most primitive recommendations - advice on oral care. This advice should be as simple as possible and as visual as possible, using posters, toys, enlarged models of jaws, toothbrushes and the like. All this is intended to show and impress upon the child with a primitive-simplified vocabulary of words, accessible to him and partly "on his fingers", how to brush teeth correctly on the three surfaces - vestibular, oral and occlusal.

Great attention should be paid by parents to preventive measures, the most important of which are:

- Limiting the consumption of sweets, especially between major meals. Grandparents, who regard candy as a demonstration of the highest degree of love and praise, are often zealous in excessive consumption. Such harmful socio-psychological delusions should be continuously fought;
- forming the habit of brushing teeth not only after a regular meal, but also after a sweet.

4-5 years old. Children begin to tell stories, sentences are verbally correct. The child becomes more agile and dexterous, their coordination improves (normal functioning of the vestibular apparatus is fully restored). They can draw primitive drawings of simple geometric shapes like a cross or a circle and know individual colors. The dentist in his practice must take into account the peculiarities of the child's mental development.

When visiting the dentist, a child of this age should sit in a child's dental chair on their own. The doctor can already maintain a fairly simple conversation with such a child. Another thing is that the doctor needs to use extremely simple (or simplified) syllables and synonyms to describe what is happening, which could replace words the child does not yet understand by purpose or unknown. Lexical simplifications are an integral part of

the doctor's work with children. In the process of learning about the world, a child's vocabulary expands, and a visit to the dentist is also one of the options for learning about the reality around them. Whether it is pleasant or, on the contrary, unpleasant depends on the doctor, parents, and the child. It is a multifactorial problem.

At this age, the child can already brush his or her own teeth, but under the obligatory supervision of the parents. Brushing teeth by the child is limited to cleaning only the three most accessible surfaces of the teeth.

Teaching children individual oral hygiene should begin at the age of 2-4 years. It is necessary to take into account the psychological characteristics of this group of children. Tendency to imitation and tendency to collective activities. At this age, the child's suggestibility is high and should be used. For children of this age group, 7 sessions of 15 to 20 minutes each are recommended.

- 1) Session - examination of children's mouths using a dental mirror and spatula.
- 2) Teaching the child to rinse the mouth, followed by consolidation of skills, controlling the skill after meals.
- 3) Talking about a toothbrush, its purpose, demonstration of its use on the model.
- 4) Teaching children how to use a toothbrush on jaw models and control skills.
- 5) Brushing teeth without toothpaste followed by skill control.
- 6) Brushing without toothpaste in the morning and evening under parental supervision.
- 7) Brushing with toothpaste in the morning and evening under parental supervision.

It is recommended to work with 3-4 year old children using play elements, using drawings, posters, toys, dolls, toothbrushes, pastes, etc. Such a game-talk should be short and go on for several sessions. Children should learn through the fairy tale characters that it is necessary to eat fruits and vegetables so their teeth do not hurt, that it is necessary to rinse their mouth after eating, eat less sweets and brush their teeth. It is recommended to show children how to brush their teeth correctly in the form of a game. When teaching children the rules of brushing teeth, it is important to repeat and consolidate the skill and encourage those children who have successfully mastered it.

Children aged 4-7 years should be taught in a popular form, using characters from fairy tales, telling and showing them how to brush their teeth properly. When teaching

brushing it is necessary to stain the front teeth with dyes and show the stained plaque to the child in the mirror.

Pay attention to the size of the children's brushes, their condition and care for them. During the conversation, find out if the child has his or her own toothbrush and explain which toothpaste is better. You can use riddles about vegetables, fruits to consolidate knowledge.

At this age:

- Parents should brush their children's teeth and limit their intake of refined carbohydrates;
- Parents should brush their teeth in the presence of children;
- eliminate the practice of encouraging children with sweets.

When talking to older preschool children, ten rules for eating may be suggested:

1. Eat a meal a day, as often as the doctor says,
2. Gnaw and chew a lot of fruit and vegetables and do not refuse hard foods.
3. Take food off the spoon with your lips and do not put the spoon in your mouth. 4.
4. only bite into food with the front teeth.
5. Grind food with the back teeth only.
6. Swallow food well chewed, without drinking.
7. Finish each meal with solid fruits and vegetables (carrots, apples, pears).
8. Rinse your mouth with water after each meal (use at least half a glass).
9. Do not eat sweets between meals.
10. Eat sweets only once a week (Sunday) in small amounts, then rinse your mouth with water.

Ten rules for brushing teeth for an older preschooler can also be suggested:

1. the brush should have a curved and short handle, for two or three teeth, with bristles in sparse clumps;
2. Before brushing teeth, the brush should be washed with warm water;
3. Learn to brush your teeth without toothpaste, and when you learn ~ use toothpaste as well;

4. It is better not to use tooth powder, because you can choke on it;
5. At the beginning it is necessary to brush the front surface of the teeth with movements in one direction:

Top - downwards, bottom - upwards, five times each at two teeth, moving the brush from the far left teeth to the far right teeth. Brush the top, then the bottom, and then the back of the teeth in the same order;
6. Then you must brush the chewing surface of the upper teeth first, then the lower teeth - from the far left teeth to the far right teeth, five times in each direction. Then from front to back five times at the two teeth;
7. At the end of brushing, you should "sweep" all that has been brushed along the tooth rows, gripping the gum, first at the top, then at the bottom, from left to right;
8. After brushing the teeth, the brush should be washed, soaped and placed with the head upside down in a glass;
9. Brush your teeth twice a day: after breakfast and before going to bed;
10. You should have a new toothbrush in spring, summer, fall and winter.