



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

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COUNSELLING EXPECTANT MOTHERS ON BABYS FIRST DENTAL VISIT

Date: 26/09/2025

Venue: MGM MEDICAL HOSPITAL, KAMOTHE, NAVI MUMBAI

Faculty Incharge: Dr. Kashmira Kadam, Dr. Pankaj Londhe

Organizing Agency: Department of Public Health Dentistry, MGMDCH, NSS Unit of MGMDCH;
Department of Preventive and Social Medicine, MGM Medical Hospital, Kamothe, Navi Mumbai.

Number of Students attended: 4

Early oral health education is essential for preventing dental problems in infancy and childhood. Many mothers are unaware that oral care begins even before the first tooth erupts and that early dental visits play a major role in preventing early childhood caries. MGM Dental College constantly takes efforts of extending oral health care to community. The oral care initiative was also extended to the patients at ANC Camp at MGM Medical Hospital, Kamothe with intention of creating awareness about Babys First Dental Visit.

During the ANC camp, a focused counselling session was conducted to educate expectant mothers about the importance of the baby's first dental visit. The session aimed to equip mothers with correct knowledge, encourage timely dental check-ups, and promote healthy oral habits from birth

Aim and objective:

- To inform expectant mothers about the ideal timing for the baby's first dental visit.
- To promote awareness about early oral hygiene practices for infants.
- To reduce the risk of early childhood caries through preventive education..

Method:

Examination was carried out using type IV examination method.. Tongue depressors were used in proper illumination to examine expected mothers.

During the ANC camp, expectant mothers were counselled individually and in small groups.

Using simple visual charts, they were guided that the baby's first dental visit should occur by the eruption of the first tooth or by 12 months of age.

Mothers were instructed on:

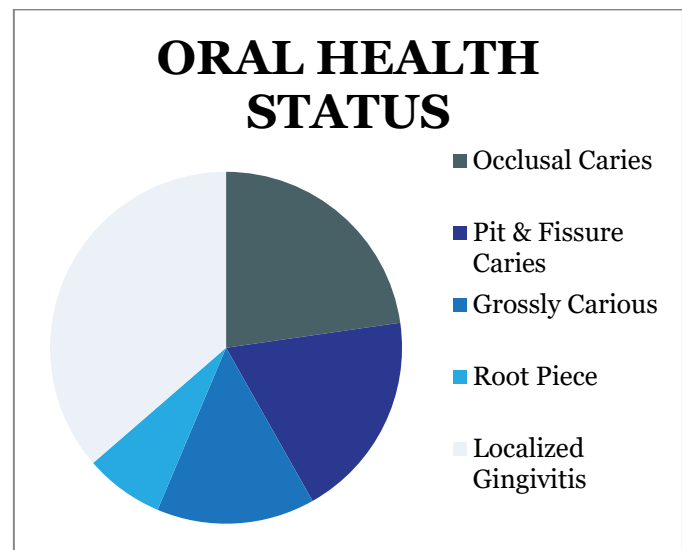
- Cleaning the baby's gums with a soft cloth.
- Avoiding bottle-feeding at night.
- Understanding teething symptoms.
- Introducing healthy dietary practices that support oral development.

Information on fluoride, the importance of early check-ups, and the role of parental involvement was also discussed..,

Observation:

1. A total of 24 expectant mothers participated in the counselling session. Most mothers were previously unaware of the recommended timing for the baby's first dental visit.
2. Many showed interest in learning about infant oral hygiene and expressed willingness to follow preventive practices.

Condition	No. of individuals	Percentage %
Occlusal caries	6	25
Pit & Fissure Caries	5	21
Root piece	4	16
Grossly Carious	2	8
Localized Gingivitis	7	29



Interpretation and conclusion:

Out of examined individuals 54% people suffered from dental caries, 16% individuals had root pieces ,8% people had grossly carious teeth and 29% people had gingivitis.

The ANC camp revealed that many expectant mothers had untreated dental issues such as caries, root pieces, and gingival inflammation, indicating a need for improved oral hygiene awareness. These findings are important, as a mother's oral health directly influences her child's risk of developing early childhood caries. The counselling sessions successfully addressed this gap by educating mothers on the timing of the baby's first dental visit, early oral hygiene practices, and preventive measures. Mothers showed good interest and expressed willingness to follow the recommended practices. Overall, the camp effectively combined maternal dental

screening with essential infant oral health education. Strengthening such initiatives can help reduce early childhood caries, promote healthier habits from birth, and improve long-term oral health outcomes in the community.



Oral examination at the camp site

LIST OF ATTENDEES

Sr. No	List of Participants
Name of faculty	
1.	Dr. Kashmira Kadam
2.	Dr. Pankaj Londhe
Name of Interns & students	
3	Sarah Lkadawalla
4.	Krishna Shah
5.	Anjali Malpani
6.	Adishree Patil