

**AWARENESS OF DETRIMENTAL ORAL HABITS AMONG PARENTS  
ACCOMPANYING CHILDREN TO DENTAL CLINIC AT  
KILIMANJARO CHRISTIAN MEDICAL CENTRE TANZANIA**

**BY**

**JOSEPH BAZIL MEELA**

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## ABSTRACT

The study concerns the awareness of detrimental oral habits among parents accompanying children to dental clinic at Kilimanjaro Christian Medical Centre-Tanzania. The aim was to assess the awareness of parents on thumb sucking habit, to assess the awareness of parents on tongue thrusting habit, to assess the awareness of parents on mouth breathing habit and to assess the most common oral habit among children and effect on permanent dentition. Targeted population was be all parents accompanying children to dental clinic at Kilimanjaro Christian Medical Centre. No predetermined Sample size because the population was small. Purposive sampling was used as sampling method. A descriptive study was conducted using a self-administered questionnaire and interview. Data obtained was analyzed using descriptive statistics; percentages and frequencies and presented using bar graphs, pie charts distribution tables, Histograms. The study found out that the most prevalent habits was tongue thrusting followed by thumb sucking. Children and parents having low education standards and with no formal education were more unaware of the effect that the adverse oral habit could create on health in the future compared to the educated parents. The study recommended that Ministry of Health should train and deploy dental officers in all hospitals who intrun will organize awareness seminars and campaigns on detrimental oral health. The study also recommends that government should encourage the parents who have children with mouth breathing habit, tongue thrusting habit and thumb sucking habit to take them to hospital for free oral health services.