

Abstraction:

Introduction: In the current society of our beloved country, the importance of oral and dental health has become one of the growing concerns of our compatriots. All sections of the society are somehow involved in oral and dental issues.

The university has a basic duty to improve the health of the society and it should also respond to the informational needs of the society in addition to the training of human resources.

Materials and methods: According to studies, there is a direct relationship between oral and dental health and people's awareness of oral care and oral health education. Dental diseases are not an inevitable part of life and research has shown that many cases can be prevented by changing behavior. Tooth decay is considered as a preventable chronic disease that affects and is affected by the general health of the body. Oral diseases are often associated with chronic diseases such as diabetes and cardiovascular disease.

The oral and dental hygiene of pregnant mothers is very important because of the conditions of pregnancy and as a mother as a model for the future of children. Children should have regular dental care from their birth, just as they need frequent and regular medical examinations. Many cases have been observed that they think because of the milk teeth will be replaced by permanent teeth in the future; these are considered unimportant and are neglected. While preserving and keeping the baby teeth healthy until the permanent teeth grow in has a direct impact on the future health and being inline of the permanent teeth. Adolescence and problems after puberty are always challenging in different fields. Maintaining the oral hygiene of teenagers and reminding them to observe hygiene are also considered to be one of the challenges of this course.

Conclusion: Therefore, we have tried to include important information in this booklet that it is better for pregnant mothers and parents to know about their oral and dental hygiene and the right way to achieve and maintain healthy teeth and mouth by using oral care tools correctly.

Keywords: Textural Content- Oral and dental health Education