



Community Engagement

HKU Faculty of Dentistry students teach new parents to be “babywise” about oral health

24 February 2013

A Faculty student team, under the mentorship of Dr Yanqi Yang (Clinical Assistant Professor in Orthodontics), led a public workshop and gave individual consultations to parents of infants aged 3 years and younger on 24 February 2013, to help them to become “babywise” about infant oral health and nutrition.

Called “On Becoming Babywise: Oral Health Knowledge Education Among Parents”, this knowledge exchange (KE) event was part of the “2013 Baby Show In Spring & Child Growth Education Expo” held at the Hong Kong Convention and Exhibition Centre, Wanchai, by the Eugene Group Company.



The Year 4 BDS student team—comprising Janet Sei Min Chan (Leader), Tiffany Chi Lok Chan, Tsz Yan Li, Kenneth Chi Kin Wong, Kenneth Ka Chun Chow, and Kenneth Kai Hay Yung—prepared educational packs for new parents, consisting of a leaflet on baby oral health and hygiene, and good and bad habits, and a DVD with an instructional video on cleaning baby teeth. About 200 packs were distributed at the event, together with children’s toothpaste and toothbrushes donated by Colgate (HK) Ltd. With the help of Dr Yang and fellow BDS student helpers, the team also performed oral examinations for infants and provided in-depth individualised consultations for 30 families.

“Building up parents’ dental knowledge of good habits related to oral health and development of dental arches is very important for young children’s development and prevents later poor tooth and jaw alignment, which affect eating, speaking, and appearance,” says Dr Yang. “Prevention is always better than cure, so we passed on practical tips for good feeding habits and oral hygiene maintenance routines, as well as breaking bad habits such as sucking objects for prolonged periods and using a feeding bottle at bedtime.” The post-workshop evaluation revealed that 93% of the participants rated the event as Good or Excellent, and 100% indicated that the event was useful and they would be willing to attend follow-ups and future events.

This Student KE Project was supported by the HKU KE Fund 2012-13, granted by the HKSAR University Grants Committee to HKU. An online public archive of the educational materials developed by the team can be found at the Faculty’s Facebook community page, at: <https://apps.facebook.com/forumforpages/250683671623102/1ab7c42a-bd68-40c0-99f0-2784ec6f4107/0> and community webpage, at: <http://facdent.hku.hk/engagement/community/index.html>.

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Knowledge exchange (KE) at the HKU Faculty of Dentistry (<http://facdent.hku.hk>) aims to maintain a two-way dialogue between the Faculty and all sectors of the community. The Faculty’s KE strategy, public education, and community activities form part of the Faculty’s fourth mission of “engagement”. We will be pleased to consider any suggestions or comments, or community/school invitations; please e-mail dentke@hku.hk

