

Original article

**Perceived barriers of mothers in brushing the teeth of their 3-6 years old children, a qualitative study**

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**Abstract**

**Introduction:** Brushing teeth at least twice a day is the most important factor in reducing the risk of dental decay. However, there are barriers in conducting this behavior. Perceived barriers are most important dimensions in anticipating protective behavior for health. Identifying barriers of oral health can help researchers in designing better and more effective intervention t promote this behavior. Aim of study reported here was identifying perceived barriers of mothers in brushing teeth of their 3- 6 years old children.

**Materials and Methods:** This qualitative study was conducted in Kamyaran in 2014. Purposeful sampling with highest diversity was conducted. 40 mothers of 3-6 years old children were interviews using deep semi structure interview technique. Data were analyzed using thematic content analysis method.

**Results:** Barriers were categorized in two main groups including “perceived barriers related to mother and family members “and “barriers related to child”. Most important barrier was the attitudinal factors of mothers.

**Discussion and Conclusion:** Identifying barriers for practicing healthy behaviors and planning to tackle these barriers are important prerequisite of changing behavior and success of health education programs. Findings of this study emphasize on the role of attitude of mothers and family members on oral health of children. Hence, it can contribute to better oral health promotion for children of 3-6 years old.

**Key words:** Perceived barriers, Children, Tooth Brush