

Introduction

School-age child development describes the expected physical, emotional, and mental abilities of children ages 6 - 12 years old (*Mannheim & Zieve, 2008*). Total population in Egypt was 83.082.869 million and child population was 26 million. Total population in kalyobia governate was 4,491,263 (*Ministry of health and population, 2008*).

Oral health is an important aspect of general health in infants and children and impacts the quality of life and health outcomes. The problem of early childhood caries (ECC) has remained persistent in many areas of the world affecting certain segments of society, especially the socially deprived, who remain at high-risk to this disease. The factors associated with ECC include low income families, cultural differences, child temperament, fewer dental visits, lower educational level of the mother, low levels of oral health knowledge among mothers, inadequate oral hygiene and a highly cariogenic diet in these children (*Mani et al., 2010*).

Oral health related quality of life (OHRQOL) is a concept that describes the impact of the oral health status on general health and everyday life. Measuring children's OHRQOL enables to evaluate the child's oral health status and treatment efficiency (*Jankauskiene & Narbutaite, 2010*). The impact of oral diseases on the quality of life (QOL) is very obvious. The psychological and social impact of such diseases on daily life is easily comprehensible which makes them of considerable importance. Any disease that could interfere with the

activities of daily life may have an adverse effect on the general quality of life (*Al -Shamrany, 2006*).

Poor oral health can have a detrimental effect on children's performance in school and their success in later life. Gum diseases and dental decay both conditions may lead to pain, discomfort and tooth loss. In addition dental caries and gum diseases are among the most prevalent or widespread conditions in human populations, other conditions such as trauma of teeth and jaws, dental erosion, developmental enamel defects and oral cancer are also important (*Kawn & Petersen, 2003*).

Proper nutrition is important in the maintenance of oral health, which means eating a well-balanced diet so that body can get the essential nutrients needed for good health. Choose foods to eat provide the building blocks needed for renewing body. In addition to nutritional deficiencies that may weaken immune system, also harm teeth and gums by eating the wrong types of food. To improve oral health and reduce risk of developing dental caries and periodontal disease by eating a well-balanced diet. Eating a variety of foods from the five major food groups - grains, fruit, vegetables, milk, meat, vitamin and mineral supplements are highly important. Additionally, avoid foods that affect on teeth, which promote tooth decay. When snacking, avoid soft, sweet, sticky foods such as cakes, candy and dried fruits, substitute these snacks with tooth friendly foods such as nuts, raw vegetables, plain yogurt, cheese and sugarless gum or candy and protect mouth beginning with proper nutrition and dieting (*Wright, 2011*).

Oral health education has a major role in promoting good health for children. Optimal oral health established early in life is essential to general overall health and well-being. Education that takes place in schools prepares students to take personal responsibility for their own health and to engage in personal care that will maintain and improve health over the course of their lifetime (*Beverly, 2009*). Health education programs in schools can stress the importance of oral health, increase understanding of the disease process, promote healthful behaviors, and reinforce the value of regular professional care for prevention. Such a role for professional care may not be consistent with the experiences of children who have not received dental care or who only associate it with treatment of toothaches (*Maas, 2011*).

School nurses are on the frontlines of children's health care and have likely seen firsthand many of the consequences of poor oral health, such as pain, distraction from learning, and difficulty eating and speaking. Keeping the mouth healthy is important to keeping the whole body in good health (*Buerlein, 2011*).