PHYSIOLOGICAL CHANGES IN THE ORAL CAVITY AND MILK TEETH IN PRESCHOOL CHILDREN

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Abstract: The article examines the physiological changes in the oral cavity and milk teeth of preschool-aged children. It analyzes the structure of the oral cavity, the formation and replacement of milk teeth, and the impact of external factors.

Keywords: oral cavity, milk teeth, preschool age, physiology, tooth replacement, mucous membrane, caries, nutrition, hygiene, development.

Oral cavity and teeth are one of the most important organs in human life, they play a key role in nutrition, speech formation, aesthetic appearance and overall health. Especially in the preschool period (0-6 years), the oral cavity and deciduous teeth undergo significant physiological changes, as this period is closely related to the overall development and adaptation of the organism (Moore & Persaud, 2015). While the oral cavity in newborns is adapted only for breastfeeding, in later years it is prepared to perform complex tasks such as chewing solid food and speech formation. And deciduous teeth play an important role in this process, because they not only help in grinding food, but also create the basis for the correct placement of permanent teeth (Guyton & Hall, 2016). Therefore, studying the physiological changes of the oral cavity and deciduous teeth in preschool children is of great importance not only from a biological, but also from a medical and pedagogical point of view. This article aims to provide an in-depth analysis of the anatomical and physiological characteristics of the oral cavity, the processes of formation and replacement of milk teeth, as well as the factors influencing these changes. The study

aims to provide useful information in maintaining children's health and preventing problems related to the oral cavity.

The oral cavity in newborns has a small volume, and its structure is mainly adapted to the function of breastfeeding. The tongue occupies a larger space, which facilitates sucking (Guyton & Hall, 2016). The salivary glands are less active in the first months, and after 3-4 months their secretion increases (Sadikova, 2020). The mucous membrane of the oral cavity is thinner and more sensitive, which makes it susceptible to infections.

By the age of 1-2, the oral cavity expands, which is associated with the eruption of teeth and adaptation to eating solid food (Usmonov, 2023). The blood vessels of the mucous membrane increase, increasing its protective ability.

Baby teeth begin to form in the embryonic period and usually begin to erupt between 6-12 months (Alberts et al., 2014). By preschool age, 20 baby teeth fully erupt, each of which has a specific function: incisors, canines and canines (Tukhtamurodov, 2019). The enamel of baby teeth is thinner and less mineralized, which makes them vulnerable to caries (Zaynabiddinov, 2023).

At the age of 3-6, baby teeth are replaced by permanent teeth. This process is accompanied by jaw growth and changes in bone structure (Khudoyberdiyeva, 2022). During the period of tooth replacement, inflammation and discomfort may be observed in the oral cavity.

Nutrition and hygiene affect the health of baby teeth. Excessive consumption of sugary foods increases the risk of caries (Ergashev, 2024). Oral hygiene habits play an important role in preventing infections (Kardong, 2018).

Conclusion. In preschool children, the oral cavity and primary teeth undergo significant physiological changes and play an important role in the overall development of the body. While in the first months after birth, the oral cavity serves mainly for breastfeeding, in later years its functions expand and perform tasks such as the initial stage of digestion and speech formation. Primary teeth undergo specific

processes of formation and exchange during this period, which directly affect the growth of the jaw, the location of the teeth, and the child's eating habits (Zaynabiddinov, 2023). However, the thin enamel and low mineralization of primary teeth make them vulnerable to caries and other diseases, which emphasizes the need for proper care and hygiene (Ergashev, 2024). Eating habits and oral hygiene practices are important for the healthy course of these changes, contributing not only to the physical but also to the social development of the child. Therefore, special attention should be paid to these processes by parents, educators and medical professionals. In the future, additional research in this area and the use of modern educational methods will be an important step in strengthening oral health and supporting child development.

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