

BRUXISM (TEETH-GRINDING) IN CHILDREN



WHAT CAUSES BRUXISM?

***STRESS OR ANXIETY**

FOR EXAMPLE, DEALING WITH A CHANGE IN ROUTINE, ARGUING WITH SIBLINGS

***ALLERGIES OR AIRWAY PROBLEMS**

FOR EXAMPLE, PROBLEMS WITH A CHILD'S EAR, NOSE OR THROAT

Two to three out of every ten children will grind or clench their teeth!
Most grow out of it



TREATMENT & PREVENTION

EFFECTS OF BRUXISM

THE EFFECTS OF BRUXISM IN THE PRIMARY (BABY) DENTITION ARE USUALLY MINIMAL WITH NO LONG-TERM EFFECTS

***NIGHTGUARDS CAN BE HELPFUL IN PROTECTING TEETH FROM WEAR, USUALLY IN TEENAGERS, NOT YOUNG CHILDREN**

***IF STRESS IS THE CAUSE, ASK ABOUT WHAT'S UPSETTING YOUR CHILD AND FIND A WAY TO HELP**

***ALLERGY OR AIRWAY ISSUES MAY BE ADDRESSED BY YOUR PEDIATRICIAN**