

## TMJ Dentist Coquitlam

Some children are known to experience a disorder called "Bruxism". This problem could be heard often as harsh teeth grinding and scraping sounds when they are sleeping. It's less common for kids to show these kinds of signs or symptoms during the day. Bruxism is the clinical term for clenching of the jaw and grinding your teeth, particularly during periods of deep rest or while the human body is stressed. Approximately 30% of children clench and grind, with the greatest occurrence rates are in children under 5 years of age.

The origin for many of the conditions of Bruxism is not known to specialists in the field. In most instances, children might grind because their upper and lower teeth are not aligned properly. Some other circumstances are a result of pain, just like earaches or teething. Unconsciously youngsters might grind their teeth because they want to relieve the pain sensation, just like we would probably rub sore muscle tissues.

A further reason for bruxism could be nervous pressure when they are anxious or annoyed. Your youngster may have suspicions about a adjustment in their routines, an examination at school, or simply common anxiety with acquaintances and family. Fighting with parents or guardians can create adequate strain to start teeth grinding or jaw clenching.

Many of the ramifications of childhood bruxism that parents must be sensitive to is when there is persistent stress from clenching and grinding, this will likely slow the development of the molars and may influence proper alignment of the teeth and jaw. An improper bite stimulates pressure points within the mouth and jaw that could cause facial pain, throat pain, aching or inflexible mouth joints, and awareness or anxiety around the temporomandibular joint (TMJ). Often whenever youngsters have issues adjusting to or relieving excess pressure in their eardrums, grinding can be a way for them to help reduce this pressure. In some children, their nighttime clenching and grinding can be significant enough to wear out the enamel of the teeth, chip teeth, cause sensitivities to cold and hot stimulus, and can easily bring about extreme jaw problems and facial discomfort, such as temporomandibular joint disease (TMJ). Lastly, a number of youngsters may experience early morning earaches or headaches due to night time grinding and clenching.

Usually children are not aware of the fact that they're grinding their teeth. The problem is typically noticed first by the parents or other siblings. Some of the symptoms to take into consideration are grinding noises while the child is sleeping, thumb and finger sucking, nail biting, complaints regarding a tender face or jaw in the morning, chewing over the sides of the oral cavity, soft temples and ears, and gnawing on pencils and toys. If there is a problem that your youngster could be exhibiting one or more of these signs and symptoms, have your oral health care specialist analyze the teeth for damaged enamel and abnormally worn down teeth. If there is any noticeable signs on the molars, an exam will be conducted to ascertain whether the grinding is being caused by misaligned teeth or mental stress conditions and come up with a personalized therapy plan.

A night guard could be prescribed to the youngster in situations whereby the grinding and clenching is causing face pain and jaw pain or there is some enamel damage on the teeth. These customized guards are great for your child's teeth and therefore are similar to the types worn by professional athletes. It could take kids a few nights to get used to wearing a mouth guard, but they're pain-free and will offer nearly immediate results.

Before bedtime parents could try to build a more calm ambiance for the child in order to help him overcome bruxism. For instance, having story time or reading a book, listening to soft and comforting music, or taking a temperate bath. For stress related issues with bruxism, we encourage the parents to expose what might be contributing the child's condition in order to seek a remedy to anxiety.

Preventing bruxism in many cases can not be accomplished if the root is a natural response to growth and development. Nevertheless, bruxism can be effortlessly stopped if the origin is stress related. You'll find several methods to working with anxiety and inner thoughts through exercise, eating routine and comprehending that can easily and could really customize the little one's state of mind. All situations will individually depend on the child and the scenario as to be the very best technique for improving anxiety levels. Also, your oral health care provider may also custom fabricate an oral device to help align the jaw and prevent any subsequent damage brought on by bruxism.