



Breathing via your mouth instead of your nose can cause a number of health and hygienic issues. It's critical that children develop good breathing patterns at a young age.

Why Does Mouth-Breathing Affect Children?

Children who breathe via their mouths can experience a variety of short-term problems, many of which are linked to poor sleep quality due to oxygen deprivation. Your child's mouth breathing may be the cause of the following symptoms.

1. Distorted speech
2. Halitosis, or persistent bad breath
3. Dental caries
4. Prolonged Orthodontic Therapy
5. Modified Face Architecture
6. Apnea during sleep

Your Saraswati team is here to help!

We are proud to be well-known paediatric dental experts in Saraswati Dental college and Hospital. We are here to help you and your child adjust to their new world of dentist visits in any way that we can. If you think it would be helpful to introduce your child to our team before their appointment, please let us know and we are happy to make that happen. You and your child are in great hands with our trusted team. Please don't hesitate to reach out to us with any questions, and if you're ready to schedule your child's visit, [let's get star](#)

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