

## TEETH GRINDING

Have you ever heard a grinding sound coming from your child while they sleep? That could be **teeth grinding**, also known as **bruxism**.



### What Is Teeth Grinding?

Teeth grinding is when a person clenches or rubs their teeth together, often during sleep. It's quite common in kids and usually happens without them even knowing it.

### Why Do Kids Grind Their Teeth?

There can be many reasons:

- **Stress or anxiety**
- **New teeth coming in**
- **Earaches or discomfort**
- **Misaligned teeth**
- **Sleep issues**

### Is It Harmful?

Mild grinding usually goes away as children grow. But if it's loud, frequent, or causing tooth damage, it's important to see a dentist.

### Signs to Look Out For:

- Complaints of jaw pain or headaches
- Worn-down teeth
- Disturbed sleep
- Sore face in the morning

### What Can Parents Do?

- **Talk to your child** about any stress or discomfort

- **Stick to a calming bedtime routine**
- **Visit your dentist** for a check-up
- In some cases, the dentist may suggest a **mouthguard** to protect the teeth

#### **Final Thought**

Most kids outgrow teeth grinding, but keeping an eye on it and visiting the dentist when needed can help protect their smile.

#### **Your Saraswati Dental College team is here to help !**

We are proud of 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 dental visits in any way that we can. You and your child are in great hands with our trusted team. Please don't hesitate to reach out to us with any questions. We would like to help you for betterment of your future.