

How common is it for children to Grind their Teeth?

Approximately 3 of every 10 kids clench and grind their teeth. The majority of children experience this while under the age of 5 and the condition typically disappears by the time they are teenagers.

Some of the common signs to watch out for include: Thumb-sucking, a grinding noise during sleep, Biting the nails, the child complains of a sore face or jaw when they wake up, or you see them gnawing on objects or on the inside of their cheek. In the majority of instances, kids generally outgrow these behaviors and treatment is not necessary. It is however; wise to get your dentist's advice should you have any concerns.