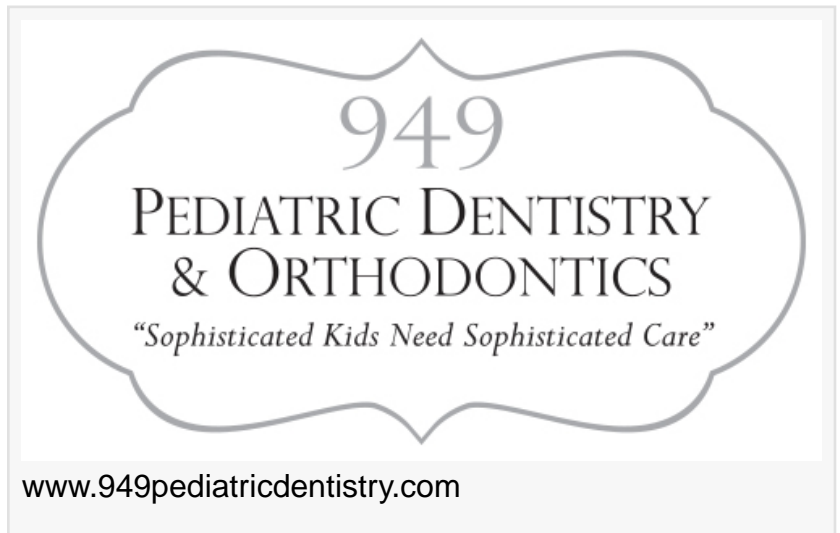


# Manhattan Pediatric Dentist Says That Children Who Grind Their Teeth Typically Outgrow the Behavior

*Leading pediatric dentist, Dr. Barry L. Jacobson, explains the symptoms, causes, and treatment options available for kids who suffer from Bruxism.*

NEW YORK, NY, UNITED STATES, September 29, 2014 /EINPresswire.com/ -- According to Barry L. Jacobson, DMD, FAAPD, (

[www.949pediatricdentistry.com](http://www.949pediatricdentistry.com)), a [New York pediatric dentist](#) and world-renowned pediatric dental expert, Bruxism is the medical term that refers to the grinding of teeth or the clenching of the jaw among children. While nearly two in every ten children in the United States grind their teeth or clench, Dr. Jacobson says that most children outgrow the habit. Bruxism, he says, most often occurs during deep sleep or when the child is under stress.



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In some cases, kids may grind their teeth because the top and bottom teeth are not properly aligned or it can be a symptom of the child's natural response to pain, such as an earache or teething.

*Dr. Barry Jacobson*

“While there have been many studies done regarding the causes of Bruxism, it is still unclear why it happens,” Dr. [Barry Jacobson](#) explains. “In some cases, kids may grind their teeth because the top and bottom teeth are not properly aligned or it can be a symptom of the child's natural response to pain, such as an earache or teething.”

Dr. Barry Jacobson says that some children grind their teeth and clench their jaw as a reflex and as a way to ease the pain, just as a person might rub a sore muscle. He says, however, that most kids outgrow these habits with time.

“Bruxism can also be the result of Nervous tension or anger,” says Dr. Puglisi. “Whether a child is worried about a test at school, a bully in class, or often quarrels with parents, siblings or friends, friends, it can cause enough stress to prompt teeth grinding or jaw clenching.”

Hyperactive kids and children with certain medical conditions (such as cerebral palsy) are also at risk for developing bruxism.

“Most kids will eventually outgrow bruxism, but a combination of parental observation and regular dental visits can help keep the problem in check until they do outgrow it,” Dr. Barry Jacobson says. “A

careful diagnosis is important, however, in order to find a solution for the problem or to decide if it in fact poses a future threat to the child.”

Dr. Barry Jacobson says that there have been certain cases of bruxism where the grinding and clenching of the teeth and jaw makes a child’s face sore or has done permanent damage to the teeth. Sometimes bruxism can even deform facial bones.

“Typically, pediatric dentists will prescribe a special night guard, custom made for the child’s teeth,” says Dr. Barry Jacobson. “This guard acts as a protective shield, similar to the ones worn by boxers.”

Jacobson says that whether the cause is physical or psychological, parents need to help their children by making them as comfortable as possible. Kids may be able to control bruxism by practicing relaxation techniques at bedtime. Taking a warm bath or shower, listening to a few minutes of soothing music, or reading their favorite book can also take their mind off the things that are causing them to clench. He says that it is important, however, to consult a pediatric dentist, not only to make sure the problem is not physical, but to keep an eye on any damage that bruxism maybe be causing.

For 17 years, Dr. Barry L. Jacobson DMD, FAAPD, has been a leader in pediatric dental care and [baby bottle tooth decay](#) treatment. His practice, located at 949 Park Avenue, New York, NY, offers laser dentistry for children, cosmetic dentistry for children, preoperative dental care for children, soft tissue procedures, 3D CAD-CAM crown fabrication, porcelain fillings, and treatment of fearful children, with behavior management experts on hand. Call 212-997-6453 (212-99-SMILE) for more information or visit Dr. Jacobson’s website at [www.949pediatricdentistry.com](http://www.949pediatricdentistry.com)).

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