

Oral habits

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Introduction:

Habit is a routinely repeated behavior which tends to occur unconsciously. Habits are an etiologic factors which cause malformation in dento-facial structures.

Oral habits divided into 2 main groups:

- (1) ***Acquired oral habits:*** Include those behaviours which are learned and could be stopped easily.
- (2) ***Compulsive oral habits:*** Consist of those behaviours which are fixed in child.

Thumb sucking Thumb sucking is the most common oral habit .

Thumb sucking has 2 types:

- 1) ***Active:*** There is a heavy force by the muscles during the sucking ,the permanent teeth position and the mandible shape will be affected. if this habit remain for a long time .
- 2) ***Passive:*** The child puts his finger in mouth, this habit is not associated with skeletal changes, because there is no force on teeth and mandible.

The side effects of finger sucking are:

1. Anterior open bite with increased overjet.
3. Lingual inclination lower incisor and labial inclination upper incisor
4. Posterior cross bite and deep palate.
6. 7. Speech defect and finger defects

Treatment

The time of the treatment is start when the permanent anterior teeth are erupted , as follows:

- (1) Direct talking with child and encourage him\her to increase the self-confidence .
- (2) Reward system and Reminder treatment.
- (3) Fixed or removable orthodontic appliance as the final stage of treatment to reduce the willing of finger sucking.