

## My child's Bruxism : "I'm not angry"

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One of the questions I've heard a lot from patients or carers in my dental practice for more than 20 years is about 'teeth grinding'. Many people who come to SIDEX have clearly been aware of and encountered related issues for a long time whenever they encounter this question. However, I think some people may have felt embarrassed by the fact that it was difficult to give a clear answer. While working as a professor at a university, I lectured on pediatric dentistry for a long time and read a lot of related literature to write a textbook, but the exact cause and solution for 'bruxism (odontoprisis 軋齒症)' has not yet been revealed. However, the situations of 'bruxism in child and adolescent' and 'bruxism in adults' are clearly different, and the treatment approaches are not the same. Especially these days, with the rapidly decreasing birth rates and there is a very high interest in the growth of children who have become more precious, so 'bruxism' in children causes worry and anxiety for many guardians. Numerous contents related to 'bruxism' are processed and uploaded on SNS and the Internet, which shows increased interest in this topic, but caution is needed as there are some unverified parts.

Today, I focused on how to explain and cope with various cases related to bruxism in children and adolescents, information known so far, and what guardians are curious about.

"I heard that stress is the cause of teeth grinding, so should I take out all of my kid's academies?"

"My child grinds his teeth sometimes during the day as well as when he sleeps. He is now one year old, he doesn't have 'anger control disorder', does he?"

I hope this will be a time for us to think together about what is an appropriate response for guardians who, in addition to parenting concerns, are worried and anxious about 'bruxism'.

### Profile

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