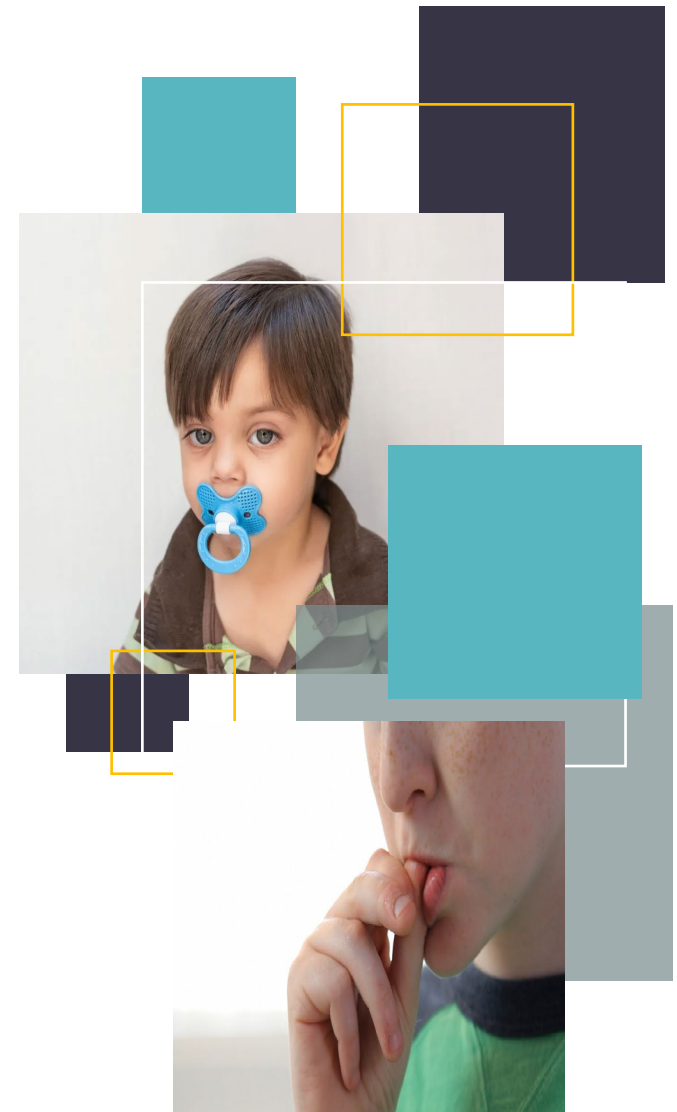


For More Information:

Phone: 403 -289-9195

Email: Reception@briarhilldental.ca

<https://briarhilldental.ca/>



**Habit Elimination
Program**



What is the “Habit Elimination Program?”

It is an individualized program designed to help your child stop a habit by creating a fun positive stress-free environment.

What are the habits?

- Thumb sucking
- Nail biting
- Pacifier use
- Digit sucking
- Object chewing
- Tongue sucking

What is the program?

It is a program that consists of 4 appointments over the course of 4 weeks. The initial visit involves a meet and greet with your child as well as an assessment. Gathering information is essential in creating an individualized program that is suited for your child. The following visits will entail guides, or we call it “helpers,” that are given to your child and exercises to help your child stop the habit.



If thumb sucking persists after the primary (baby) teeth have erupted, it can drastically change the growth patterns of the jaw, and cause significant misalignment of the teeth.



Why is it important to stop the habit?

Over time, a habit such as thumb sucking will remold the roof of the mouth creating a high palate. The forces of the thumb will also push the teeth out creating an overbite and/or open bite. Because of this, the tongue is unable to live in the roof of the mouth and instead stays on the floor. Since there isn't a proper oral rest posture of the tongue, the mouth will stay open and develop a mouth breathing habit. Overtime it can cause vertical growth of the face, as well as a forward head posture leading to possible muscle pain of the TMJ, face, neck and back.

When should I come in?

As early as the age of 4. It all depends on your child's ability to follow instruction and their own desire to stop the habit. But it's never too late to fix a habit.