

FAQ: Understanding Your Child's Sensitive Teeth

Answers to common questions about why children get sensitive teeth and what to do.

Based on [Child Has Sensitive Teeth](#) by Cool Mountain Kids Pediatric Dentistry

Q: What is tooth sensitivity in children?

A: Tooth sensitivity occurs when the dentin, the porous tissue beneath the enamel, becomes exposed. Microscopic channels in the dentin connect to the tooth's nerve center, and when exposed, these nerves can be easily triggered, causing pain.

Q: What does tooth sensitivity feel like for a child?

A: Children with sensitive teeth may experience a stinging, tingling, or sharp, sudden pain. This pain is often a response to hot, cold, salty, or sweet foods and drinks.

Q: Why are my child's new permanent teeth sensitive?

A: New permanent teeth are often sensitive to temperature changes, air exposure, and certain foods. They are like newcomers to the mouth and need time to adjust and become less sensitive.

Q: Could a cracked or chipped tooth cause sensitivity?

A: Yes, a cracked or chipped tooth exposes the dentin and nerves, which can lead to sensitivity. The severity of the sensitivity depends on the extent of the damage, and it could be a dental emergency.

Q: How can brushing too hard cause tooth sensitivity?

A: Brushing too hard can wear down your child's tooth enamel and irritate their gums. This damage to the enamel and gums can lead to increased sensitivity.

Q: What is bruxism and how does it cause sensitivity?

A: Bruxism is the unconscious grinding or clenching of teeth, often occurring during sleep. This can wear down tooth enamel and create tiny cracks, both of which can result in tooth sensitivity.

Q: Can damaged fillings cause my child's teeth to be sensitive?

A: Yes, damaged or deteriorating fillings can expose the sensitive inner parts of the tooth, causing sensitivity. This is especially true for metal amalgam fillings, which conduct temperature more readily.

Q: How does tooth decay lead to sensitive teeth?

A: Tooth decay, or cavities, creates holes in the enamel, exposing the sensitive layers underneath. Initially, sensitivity might only occur with sugary or cold items, but it can become more persistent as decay progresses.

Q: When should I be concerned about my child's tooth sensitivity?

A: Be concerned if sensitivity persists for over a week, the pain is severe or wakes your child, you see visible tooth damage, or your child avoids eating due to pain. Swelling, discoloration, or a persistent bad taste are also signs to watch for.

Q: What can I do at home for my child's sensitive teeth?

A: At home, switch to a soft-bristled toothbrush, use fluoride toothpaste, and for children over 12, consider a sensitive teeth toothpaste. Avoid chewing hard objects and rinse with warm water after acidic foods.

Q: What professional treatments are available for sensitive teeth?

A: A pediatric dentist might recommend fluoride treatments, dental sealants, resin fillings, custom mouthguards for grinding, or bonding for chipped teeth. Preventative cleanings are also important.

Q: Can Cool Mountain Kids Pediatric Dentistry help with sensitive teeth?

A: Yes, Cool Mountain Kids Pediatric Dentistry specializes in diagnosing and treating tooth sensitivity in children. They offer gentle treatments and focus on making dental visits positive experiences.

Resources & Further Reading

Related guides for these FAQs:

■ Child Tooth Sensitivity Checklist

<https://storage.googleapis.com/pediatric-dentistry-checklists-20260707-a10c96/pediatric-dentistry/Checklist/child-tooth-sensitivity-checklist.pdf>

■ Child Tooth Sensitivity Comparison

<https://storage.googleapis.com/pediatric-dentistry-checklists-20260707-da6a47/pediatric-dentistry/Comparison/child-has-sensitive-teeth-comparison.pdf>

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Address tooth sensitivity promptly to ensure your child's comfort and oral health.