Understanding Your Child's Sensitive Teeth

Learn the common causes of tooth sensitivity in children and how to address it.

Based on Child Has Sensitive Teeth by Cool Mountain Kids Pediatric Dentistry

What is Tooth Sensitivity?

Tooth sensitivity occurs when the porous tissue beneath the tooth enamel, called _____, becomes exposed.

Enamel's Role

Enamel is described as your child's tooth _____, which protects the inner parts of the tooth.

New Permanent Teeth

When new permanent teeth emerge, they can be particularly sensitive to temperature changes, air exposure, and certain _____.

Brushing Habits

Brushing too hard can wear down tooth enamel and irritate gums, leading to sensitivity. It's recommended to use a _____ toothbrush.

Teeth Grinding

The unconscious grinding or clenching of teeth is known as _____, and can wear down enamel.

Cavities and Sensitivity

Tooth decay, or _____, creates holes in the enamel, exposing sensitive layers underneath.

Home Care Tip

When your child has sensitive teeth, it's helpful to remind them to avoid chewing on _____ objects.

Professional Help

If sensitivity persists for more than a week or is severe, it's time to schedule an appointment with a _____ dentist.

Resources & Further Reading

Related guides to use with this workbook:

- 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.