Child Tooth Sensitivity Comparison

Understanding causes and treatments for sensitive teeth in children.

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

Factor	Cause/Factor	Description	Action/Treatment
New Permanent Teeth	Emerging permanent teeth are sensitive to temperature, air, and food.	Temporary discomfort as teeth adjust.	Allow time to adjust; monitor for other issues.
Cracked or Chipped Teeth	Dental injury exposes dentin and nerves.	Sensitivity can range from mild to severe.	Consult a pediatric dentist; may be a dental emergency.
Improper Brushing	Brushing too hard wears down enamel and irritates gums.	Leads to enamel loss and gum sensitivity.	Use a soft-bristled toothbrush; brush gently.
Tooth Grinding (Bruxism)	Unconscious grinding or clenching, often during sleep.	Wears down enamel and can create tiny cracks.	Consider custom mouthguards; address underlying stress/misalignment.
Damaged Fillings	Existing fillings crack, loosen, or wear down.	Exposes sensitive inner tooth portions; temperature conduction.	Repair or replace fillings; consider resin fillings.
Tooth Decay and Cavities	Cavities create holes in enamel, exposing sensitive layers.	Sensitivity to sugary foods and cold drinks, can become persistent.	Early intervention; professional assessment and treatment (e.g., fillings).
Home Care Strategies	Methods to manage sensitivity at home.	Gentle brushing, fluoride toothpaste, avoiding hard objects.	Switch to soft brush, use fluoride toothpaste, rinse after acidic foods.
Professional Treatment Options	Dental interventions for persistent sensitivity.	Fluoride treatments, sealants, fillings, mouthguards, cleanings.	Fluoride treatments, sealants, resin fillings, mouthguards, cleanings, bonding.
When to See a Dentist	Signs indicating a need for professional dental care.	Persistent pain, severe pain, visible damage, food avoidance.	Schedule appointment if sensitivity lasts over a week, is severe, or accompanied by other symptoms.

Resources & Further Reading

Related guides to support your comparison:

- Child Tooth Sensitivity Checklist

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

- Understanding Your Child's Sensitive Teeth (Infographic)

https://storage.googleapis.com/pediatric-dentistry-checklists-20260707-64863c/pediatric-dentistry/Infographic/child-has-sensitive-teeth-infographic.pdf

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