

The Effect of Pacifier Sucking on the Baby Jaws Growth

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Born babies have a desire to suck. Some try to suck their fingers and thumbs even before birth. Apart from feeding, sucking is a way to calm the babies; a relaxed, comfortable and familiar mechanism to the new world. But the question is, can baby suck on a pacifier without having any complications in the future?

Many parents when they see the baby is crying and restlessness, they try to calm him down by putting a pacifier in his mouth; Or even for the distraction of the child when he is hungry. But this only disrupts the baby's lactation. It even make the child be affiliated to the pacifier which solving such a problem in the future would be very difficult, and the child may hardly put away this habit. Another serious complication which may follow that, in addition to damages and infections in the middle ear of the baby, can also cause dental problems for him.

In the case of complications in the jaws and mouths of children by sucking a finger and a pacifier, it can be said that it causes complications such as protrusion of the jaw, dental changes, as well as narrowing the maxillary arch. If the intensity sucking is greater, there will be open spaces between the anterior teeth of both upper and lower jaws, and the opening will be increased by tongue thrusting. The use of the pacifier can play a role in the irregularity of the teeth, as it causes the teeth to grow and tilt upward over time, and both jaws become unbalanced.

It is advisable not to give a pacifier to a baby who is under breastfeeding because the jaw muscles in infants have not yet evolved, and consequently may cause complications in this regard; sucking a finger or a pacifier is very effective in the emergence of teeth irregularities.

If the baby leaves the habit of the pacifier or finger sucking after three years of age, the jaw problems will disappear with their natural growth, but if the habit continues until they are six years old or even more, it will have more and worse effects on the formation of irregular teeth at an older age. It should be noted that even a variety of orthodontic pacifiers can also not prevent the teeth from becoming irregular. It is also not recommended to use this type of pacifier neither.

The pacifier may even disrupt the child's speech and harmony of dental arrangement. Sucking a finger, a pacifier or even a bottle causes the complication on the jaws, teeth, and protrusion of the tongue which make the child pronounce the word mistakenly; in some cases, it causes disruption in the swallowing.

The formation of wrong habits has different causes. In some cases, anatomical defects in oral, dental and nasal structures such as nasal deviation force the child to breathe through the mouth; whenever the incidence of allergic reactions increases, the role of the disease also increases as a result of facial and tooth abnormalities.

One of the reasons for the creation and sustainability of these wrong habits, in particular, nail chewing or finger sucking, can be neglecting the psychological and deprivation aspects. For example, there has been a correlation between the creation of the habit of chewing fingernails and early withdrawal of breastfeeding. In some cases, this can be more important for attracting attention, or sometimes it is just a habit and fun for toddlers.

The jaws and teeth of the baby will be strengthened by sucking breast and will develop well in the future. Experience has shown that children who feed on mother's breast in the first 2 years of life, they have stronger jaws and healthier teeth than other children. These children will have a more symmetrical face, and jaws in adulthood.

Lastly, never think that sucking a pacifier and milk glass can substitute the mother's breast for the babies. Pediatricians believe that the breast shape is different from the shape of the pacifier and the head of the bottle, and therefore the sucking of the mother's breast does not change the shape of the jaws of children, but the pacifier will change the shape of the jaw in a long time and cause it to protrude forward. That's why many Dentists warn that the side effects of both sucking the pacifier and thumb in children are almost the same. Meanwhile, the increasing distance between the upper and lower jaw teeth and the deepening of the baby's palate are other complications of prolonged use of the pacifier.

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