

ZERO CAVITY CLUB

A newsletter by Dr.Snehal Hendriques



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Is Your Child Breathing Through Their Mouth?

Understanding Mouth Breathing and Its Effects on Growing Smiles

Early awareness can help protect your child's smile, sleep, and facial growth.



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What is Mouth Breathing?

Most of us breathe through our nose without thinking about it. But some children develop a habit of breathing through their mouth instead — especially during sleep. This can affect their teeth, face shape, and overall health over time.



Common Signs Parents May Notice

- Sleeping with mouth open
- Snoring or noisy breathing at night
- Dry or cracked lips
- Bad breath (especially in the morning)
- Daytime tiredness or irritability
- Difficulty concentrating at school

Did you know?

Nose breathing filters, warms, and humidifies air before it reaches the lungs. It also helps produce nitric oxide, which supports healthy oxygen flow throughout the body.

How Mouth Breathing Affects Teeth & Facial Growth

When children breathe through their mouth regularly, it can slowly change how their teeth, jaw, and face develop. Here are some common effects:

Crowded Teeth

Narrow jaw means less room for teeth to grow straight

Gum Problems

Dry mouth increases risk of swollen, irritated gums

Narrow Upper Jaw

The palate doesn't widen properly without tongue pressure

More Cavities

Less saliva means less natural protection for teeth

Long Face Appearance

The lower face can grow longer than normal

Bite Issues

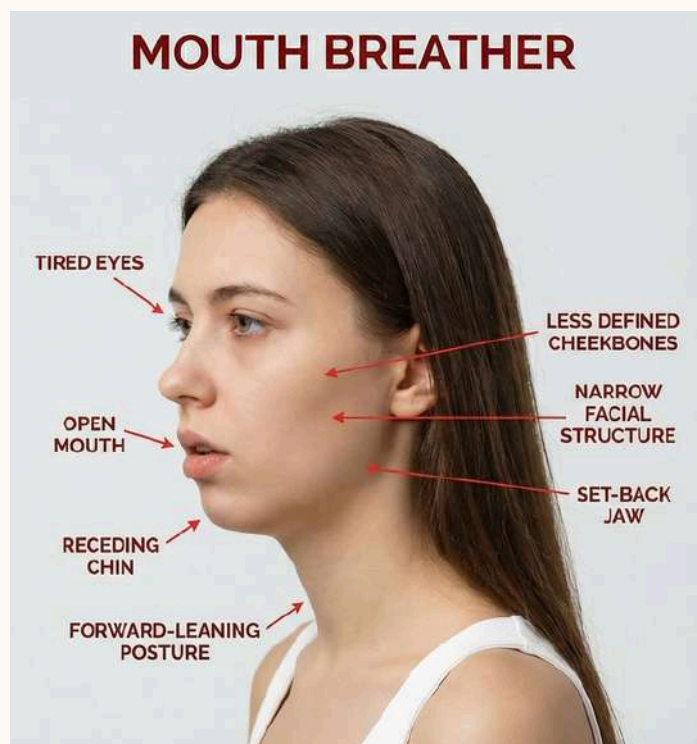
Upper and lower teeth may not align correctly

Poor Sleep Affects Growth & Focus

Mouth breathing disrupts deep sleep, which is essential for a child's physical growth, memory, and ability to concentrate during the day.



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Causes of Mouth Breathing

There are several reasons why a child may breathe through their mouth. Understanding the cause helps find the right solution.



Allergies

Dust, pollen, or pet dander can cause nasal swelling

Habitual Breathing

Some children develop the habit even after the cause resolves

Blocked Nose

Frequent colds or sinus issues may block airflow

Deviated Septum

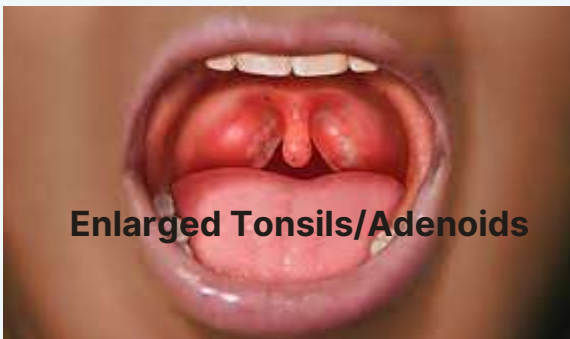
A slightly crooked nasal wall can reduce airflow on one side

Enlarged Tonsils/Adenoids

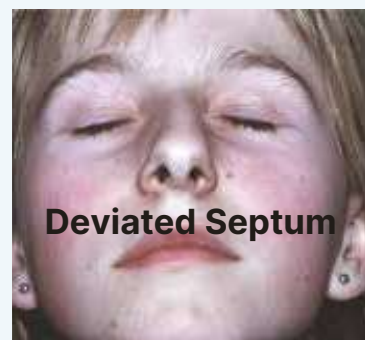
Swollen tissue can narrow the airway

When Should Parents Seek Help?

If your child regularly sleeps with their mouth open, snores, wakes up tired, or you notice changes in their face or teeth alignment — it's a good idea to talk to your pediatric dentist or doctor. Early action makes a big difference!



Enlarged Tonsils/Adenoids



Deviated Septum

Treatment & Home Care

There are many ways to help your child breathe better — both at home and with professional support.

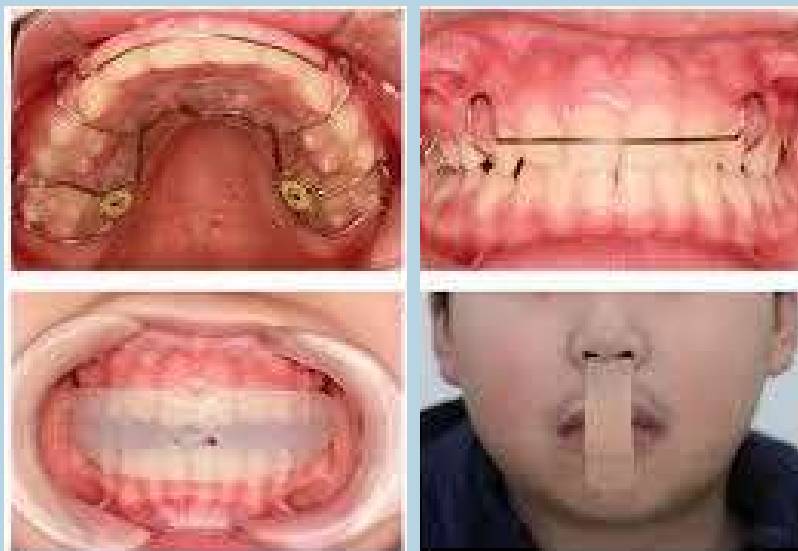


At Home

- Encourage breathing through the nose during the day
- Keep your child well hydrated throughout the day
- Support good sleep posture (side sleeping can help)
- Manage allergies with your doctor's guidance
- Limit mouth-drying habits like thumb sucking
- Maintain a gentle daily oral hygiene routine

Professional Treatment

- Pediatric dental evaluation
- ENT (ear, nose & throat) consultation
- Myofunctional therapy (exercises for mouth muscles)
- Orthodontic guidance if needed
- Habit correction appliances when appropriate



Most children improve greatly when mouth breathing is identified early.

Healthy Smile Checklist

A simple guide to help you watch over your child's breathing and dental health.



Watch for These Signs

- ✓ Mouth open during sleep or rest
- ✓ Snoring or noisy breathing
- ✓ Dry lips, bad breath, or frequent thirst
- ✓ Tiredness, poor focus, or irritability
- ✓ Changes in teeth alignment or face shape

Schedule a preventive dental visit every 6 months to catch concerns early.

Healthy breathing supports healthy smiles,
better sleep, and confident growth.



*They say it..
We love it..*

I have always had a true diagnosis here. My 9 year daughter who is so scared for any dental checkup or treatment but here at zero cavity she is very comfortable. They really treat kids with love and patience.

Mrs. Bhakti Rambhia

We are extremely pleased with the staff and doctors, particularly Dr. Snehal Patel, who has made my son feel very comfortable from the beginning. They have developed a special bond over time, and he eagerly anticipates his return for dental check-ups. I strongly endorse them in the Matunga area, especially for children.

Mrs. Konica Dedhia

I am always completely taken aback by the level of professionalism you exhibit, Dr. Dhruti & Dr. Snehal. Aadi feels well cared for every time we come in, well explained entire process to a 5 year old and expell all his fear about his dental treatment. Thank you so much for your continued excellence.

Mrs. Namita Koradia