

Things Parents Need To Know About Mouth Breathing



Many people don't realize the disastrous effects of [mouth breathing](#). Especially the parents don't seem to be concerned much when they see one of their kids breathing through mouth instead of nose. Unless there is a serious health issues which makes it difficult to breathe from nose, the habit of mouth breathing can be changed in children. Changing these habits for good tight in the start can help parents to have their children necessary safety from other health issues.

Before we start discussing about the [options to treat](#) mouth breathing, it is worth mentioning what mouth breathing can do to your child.

Health issues due to mouth breathing

1. It has become pretty common for the children to have braces in order to get their teeth aligned in a couple of years. This orthodontic treatment requires a person to comply with the treatment by keeping mouth in its ideal state. A mouth breather doesn't find it easy to keep the jaws settled. Hence, it may become difficult for the teeth to get aligned any time sooner.
2. Another effect of mouth breathing is that the problem in speech occurs. If you look at the people who would breathe from their mouths consistently, you will find them struggling with their speech, i.e. they find it difficult to speak certain words which tend to make the sound 'S'.

3. A mouth breather child faces the risk of having some facial growth problems. The mouth is going to grow any way, but this growth needs to be in good direction. For instance, breathing from mouth leads a person to flatter facial features, longer face, less prominent cheekbones, narrow palate and much more. All these issues can be prevented by changing to the habit of mouth breathing.
4. Sleep problems tend to happen with the persons who breathe from mouth. If a person breathes from mouth during day time, there are more chances for him/her to breathe from mouth during night. One thing that you need to keep in mind here is that mouth breathing during night sleep can be absolutely disastrous. There are many serious health issues which tend to occur if you breathe from mouth during night. It mainly starts from disbalance in the proportion of oxygen and carbon dioxide in blood, leading to the serious health issues.

Things parents need to do

One thing that you need to do as a parent is that you should analyze if you had these habits in the past. If you had this habit, the problem can be genetic. However, it doesn't mean that you cannot change it. You can instruct your children to adopt the habit of breathing through nose. You can take your kids to the [dental visit](#) to find better treatment options.