



مؤسسة الرعاية الصحية الأولية
PRIMARY HEALTH CARE CORPORATION

NAIL BITING

Nail biting habit, also called Onychophagia, is very common among children as a response to stress, nervousness or sometimes even boredom.

What are the effects of Nail Biting?

- Chipping and wearing of teeth.
- Sharp, jagged fingernails can damage the gums.
- Dirt, bacteria and viruses trapped underneath the nail tissue can lead to infection to the mouth.
- Constant forward placement of the lower jaw for nail biting can cause pain in jaw joint.
- Pressure exerted on biting can cause teeth to shift out of their position.
- Children who engage in nail biting are at higher risk of developing Bruxism.

How to help the child give up the habit?

- Adults to avoid triggers like anxiety or stress that cause nail biting.
- Keep nails short by frequent trimming (weekly) for children and adult.



- If the child bites nail out of boredom, engage the child in other activities, and use bitter tasting nail polish