



مؤسسة الرعاية الصحية الأولية  
PRIMARY HEALTH CARE CORPORATION

# TONGUE THRUSTING

**Tongue thrusting is the habit of pushing the tongue forward between upper and lower teeth while swallowing. It is also called as Orofacial Myofunctional Disorder.**

**This habit is normal during infancy, wherein the baby uses his tongue for feeding. Ideally, this habit gradually fades with the eruption of milk teeth and as child begins weaning and transition towards solid food.**

**However, if it persists, it may be caused due to other habits like thumb sucking, use of pacifier, enlarged tonsils or adenoids, infection of ears, nose or throat or large tongue.**

## What are the effects of tongue thrusting?

- Tongue is placed forward during rest and it exerts pressure against the upper front teeth during swallowing and speech.
- Tongue is visually seen between the teeth while swallowing or speaking.
- Forwardly placed upper front teeth and gap between upper and lower teeth
- Speech problems like lisping.



## How to help the child give up the habit?

- Treatment of the underlying condition like enlarged tonsils, adenoids or ear infection.
- This habit can be corrected with oral appliance like crib to prevent tongue from going between the upper and lower front teeth.
- Additionally, Myofunctional therapy which involves exercise of tongue and facial muscles helps to correct the position of tongue and create good chewing and swallowing patterns.
- Speech therapy to improve the pronunciation.
- Orthodontic treatment will be necessary if the habit have changed the alignment of permanent front teeth.