



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

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THUMB SUCKING AND ITS ILL EFFECT ON JAW DEVELOPMENT AT GEI BLOSSOM INTERNATIONAL SCHOOL

Date: 25th November 2025

Venue: GEI's Blossom International School, Dombivli E.

Faculty: Dr Mausami Malgaonker, Dr. Aishwarya Patil

Organizing Agency: Department of Public Health Dentistry MGMDCH, NSS Unit of MGMDCH

Number of Students attended: 4

Thumb sucking is a common oral habit observed in infants and young children. It is considered a natural reflex that provides comfort and security to children. While thumb sucking is normal during infancy, continuation of this habit beyond the age of 4–5 years can lead to several dental and jaw development problems.

Prolonged thumb sucking can affect the growth and alignment of teeth and jaws. It may cause malocclusion, protrusion of upper front teeth, open bite, and improper jaw development. Therefore, early identification and counselling of parents and children are important to prevent long-term dental complications.

Aim and Objectives:

- To study the prevalence of thumb sucking habit and its effect on jaw development among children attending the dental camp.
- To identify children with thumb sucking habits.
- To evaluate the effect of thumb sucking on jaw and tooth development.
- To create awareness among parents regarding the harmful effects of prolonged thumb sucking.

Method:

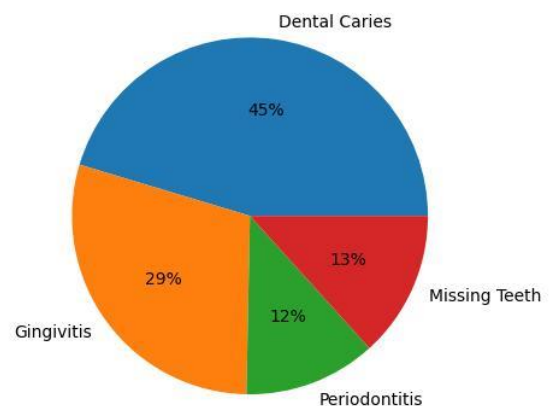
- A **dental screening camp** was conducted in a school.
- A total of **474 children** were examined using Type 4 oral examination method using tongue depressor and available illumination.
- Information was collected through:
 - Clinical examination
 - Interaction with children and parents
- The following factors were recorded:
 - Presence of thumb sucking habit
 - Duration and frequency of the habit
 - Jaw alignment and dental occlusion
- Children were categorized based on the presence of thumb sucking and its effect on jaw development.

Observations: A total of 474 individuals were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe:

Oral health status:

Condition	Number of Individual	Percentage
Dental Caries	215	45%
Gingivitis	139	29%
Periodontitis	57	12%
Missing Teeth	63	13%
Total	474	100%

Oral Health Status Distribution among 474 Children



Interpretation and conclusion:

The findings of the dental camp indicate that thumb sucking is present in a significant number of children. Out of the 474 children examined almost 45% were suffering from various types of caries, followed by 29% gingivitis, followed by 13% from missing tooth and 12% suffering from Periodontitis. Although many children with the habit did not yet show major dental problems, some children showed mild to severe jaw and tooth alignment changes.

The results suggest that prolonged thumb sucking increases the risk of malocclusion and improper jaw development. Early intervention and parental guidance are necessary to prevent these complications.

Thumb sucking is a common childhood habit, but when it persists for a prolonged period, it can negatively affect jaw growth and tooth alignment. The dental camp findings highlight the need for early identification of this habit and timely counselling of parents and children.

Education programs, regular dental check-ups, and habit-breaking methods can help prevent the harmful effects of thumb sucking and promote healthy oral development in children.



List of Attendees

Sr. No	List of Participants
Name of faculty	
1.	Dr. Mausami Malgaonker
2.	Dr. Aishwarya Patil
Name of Interns	
3.	Inash Kharbe
4.	Sheetal Kharat
Name of Students	
5.	Avadhut Patil
6.	Ruchita Talele