Abstract

Objective: To know the frequency and the types of deleterious oral habits in 5 to 12 year-old children living in Recife, Pernambuco, Brazil. Method: A cross-sectional study was carried out during the National Holiday of October 12 - the children’s day, in the ZOO. The sample comprised 970 children of both sexes. Data was collected from interviews with parents or guardians. The information had been gott en by a trained team of six undergrad and 19 grad students from the School of Dentistry of the Pernambuco University. Results: 60.8% of the children presented deleterious oral habits, being nail biting (44.6%) the most prevalent followed by bruxism (12.6%), finger sucking (9.7%) and pacifier sucking (7.4%) It was also observed that 457 children (47.1%) had only one kind of habit, 117 (12.1%) had two types of habits and 16 (1.6%) had three types of habits simultaneously. Conclusion: The majority of children presented some type of deleterious oral habit, being able the same one to present more than a type of habit concomitantly. In this way, it has the necessity of educative-preventive actions aiming at the removal of these habits in order to promote oral health.

Keywords

Oral health, sucking behavior, nail biting, bruxism, child.