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Fidget spinner for a fussy habit

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Abstract

The habit of thumb sucking is a fussy habit in children which leads to various dentofacial abnormalities. The habit is very difficult to treat and many modalities have been suggested. We tried Fidget spinner a famous toy used by children as an effective modality to overcome the habit of thumb sucking.

Keywords: thumbsucking, fidget spinner

Introduction

Thumb sucking is a common oral habit in children which results in deleterious effects. Through this habit is universal, the effect on dentition is the most noticeable and can cause detrimental effect on dentofacial growth [1]. Numerous methods have been tried to stop this habit we report a series of three cases, in which we used a 'toy fidget spinner' to overcome the habit of thumb sucking.

The children with the habit of thumb sucking were evaluated. The parents of the patients were interviewed and details collected about the habit. The children were graded based on the NNS habits devised by Johnson [2]. The parents were detailed about the problems associated with the thumb sucking. They were explained about 'toy fidget spinner' Fig. 1 and method to use it. All the parents eagerly listened to it and accepted to try it with their children.

Case Reports

Case I

Twins aged four presented to us with history of thumb sucking and the parents were anxious about the children developing dental abnormalities.

On examination, the children had primary dentition with malocclusion to fidget spinner and children were given demonstration about this toy.

The children came for review after 3 months and had stopped thumb sucking completely.

Case II

A six year old boy was brought to the clinic with abnormalities of dentition. He had history of thumb sucking for the last 4 years. This child was also introduced to fidget spinner and he stopped thumb sucking with two months.

Case III

A 7 years old female child with mixed dentition presented with malocclusion to our clinic. She was a thumb sucker for past 4 years. This child was asked to use fidget spinner and the child stopped thumb sucking in 3 months.

The children liked the toy and used the toy enthusiastically. At the end of three months, all the four children had quit the habit of thumb sucking. Thus in our experience, fidget spinners are a simple and effective way to treat thumb sucking.

Discussion

Fidget spinner is a toy used by elementary and middle school children.

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It is a form of hand held toy with which people can spin or do tricks. The methodology of using a fidget spinner is easy and easily learnt. The person holds the center of the spinner with the thumb and finger, and then was the other hand to get the spinner rotating. When the spinner is spinning, balancing the rotating spinner on a thumb requires attention and focus. This draws the attention of the children from an addictive habit to concentrate on fidget spinner.

Thumb sucking is a continuous behavior practiced unconsciously [3]. The children do it for various reasons. Emotional disturbance is a very important cause of thumb sucking [4]. Thumb sucking can leads to various problems. They are enumerated in Table – 1. Thumb sucking also

known as non-nutritive sucking is a habit that is harmful and many modalities was been tried to stop it. Adhesive bandaging of thumb, bitter nail polish on thumb and reward system have all yielded varying results. Various appliances have also been used to curb this habit [4].

We advised the patients to use fidget spinner to break the habit of thumb sucking. We tried in three patients. The parents were initially reluctant but later agreed to use the fidget spinner. These three children started using the fidget spinner after a demo was given to them on the use of fidget spinner. They regularly used it when they had the urge to suck. The children over a period of two to three months stopped thumb sucking.

Table 1: Problems Related To Dentition

Speech Problems	Occlusion problems	Psychological effect
<ul style="list-style-type: none"> ➤ Mispronouncing ➤ Lipsing ➤ Tongue thrust 	<ul style="list-style-type: none"> ➤ Reduced mandibular canine arch depth ➤ Reduction in inter canine width ➤ Posterior cross bite ➤ Open bite ➤ Retrusive mandible 	<ul style="list-style-type: none"> ➤ Reduced concentration in school ➤ Bullying



Fig 1: Patient with thumb sucking habit

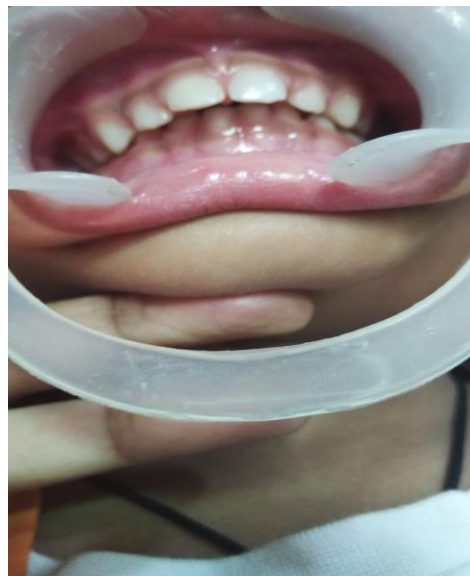


Fig 3: Correction of open bite after managing the patient with fidget spinner



Fig 2: Patient with open bite caused due to thumb sucking habit



Fig 4: Figure showing Fidget spinner

Conclusion

Fidget spinners are effective and useful tools in preventing thumb sucking, a detrimental habit resulting in dental abnormalities.

References

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