



**RAMA
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NAIL BITING

DEFINITION

Nail biting is a common oral compulsive habits in children and adults. It is just a way of coping with stress or comforting self. It is also called *ONYCHOPHAGIA*.



CAUSES OF NAIL BITING

Children may bite nails for number of reasons:

- ❖ To relieve stress or anxiety.
- ❖ Because of habits.
- ❖ Because of nervousness.
- ❖ Lack of confidence.
- ❖ Feeling shy.
- ❖ Fear or jitteriness due to horror places.
- ❖ Feeling of insecurity.
- ❖ Tiredness.



MANAGEMENT

- The most common treatment- bitter- tasting nail polish to the nails. The bitter flavor discourages nail biting.
- Address the child's anxieties. Make the child speak about his/ her worries.
- Don't punish the child.
- Keep the fingernails of the child neatly trimmed down.
- Help the child become aware of this bad habits.



- ❑ Don't pressurize the children to stop biting nails.
- ❑ Suggest a substitute activity like car rides or make the child practice the alternative habit daily.



THANK

YOU