



# Does My Child Need a Custom Mouthguard for Sports?

Find out when your child needs a custom mouthguard and how Just 4 kiDDS can help protect their smile during sports and physical activities.

[Mouthguards](#)

Updated On: August 1, 2025



As parents, ensuring our children's safety during sports activities is a top priority. While helmets and pads are commonly considered, one crucial piece of protective gear often overlooked is the **mouthguard**. At Just 4 kiDDS, we understand the importance of safeguarding your child's smile, and we're here to guide you through the benefits of custom mouthguards for young athletes.

## Understanding the Importance of Mouthguards

Engaging in sports offers numerous benefits for children, from physical fitness to teamwork skills. However, it also comes with risks, particularly to dental health. Dental injuries are among the most common sports-related injuries in children, ranging from chipped teeth to jaw fractures.

Mouthguards serve as a protective barrier, absorbing and distributing the force of impacts to prevent serious dental injuries. They are essential for contact sports like football, basketball, and hockey, as well as activities with a risk of falls or collisions, such as gymnastics and skateboarding.

*Wondering how to keep your child's teeth safe during sports and play? Discover practical tips in [How to Prevent Dental Injuries](#).*

## Types of Mouthguards: Choosing the Right Fit

When it comes to mouthguards, there are several options available:

- **Stock Mouthguards:** Pre-formed and ready to wear, but often bulky and ill-fitting.
- **Boil-and-Bite Mouthguards:** Made from thermoplastic material that softens in hot water and molds to the teeth when bitten.
- **Custom-Fitted Mouthguards:** Professionally made by a dentist to fit the unique contours of your child's mouth.

While stock and boil-and-bite mouthguards are readily available, they may not provide the optimal fit and protection that custom-fitted mouthguards offer.

*If your child wears braces, it's even more important to protect their smile during physical activity. Learn how to support them with [Helping Your Child Through Braces: What Every Parent Should](#)*

Know.

## Benefits of Custom-Fitted Mouthguards

Custom mouthguards, crafted by dental professionals, offer several advantages:

- **Superior Fit and Comfort:** Tailored to your child's mouth, ensuring a snug fit that stays in place during activity.
- **Enhanced Protection:** Evenly distributes impact forces, reducing the risk of dental injuries.
- **Durability:** Made from high-quality materials that withstand wear and tear.
- **Ease of Breathing and Speaking:** Designed to allow normal breathing and communication, crucial during sports.

Investing in a custom mouthguard is an investment in your child's safety and long-term dental health.

## When Should Your Child Wear a Mouthguard?

It's recommended that children wear mouthguards during any sport or activity with a risk of contact or falls. This includes, but is not limited to:

- Football
- Basketball
- Soccer
- Hockey
- Wrestling
- Gymnastics
- Skateboarding
- Biking

Even non-contact sports can pose risks, making mouthguards a wise precautionary measure.

Accidents happen—especially during sports. Know when to take action with [What Should You Do in a Child's Dental Emergency, and When Should You Call the Dentist?](#)

## The Just 4 kiDDS Approach

At Just 4 kiDDS, we prioritize your child's oral health and safety. Our team offers custom-fitted mouthguards tailored to your child's unique dental structure, ensuring maximum protection and comfort.

We also provide comprehensive [pediatric dental exams](#) to monitor your child's oral development and address any concerns promptly.

For more information on our services, including dental cleanings, fluoride treatments, and emergency dental care, visit our [services page](#).

## Schedule Your Child's Mouthguard Fitting Today

Protecting your child's smile is our mission at Just 4 kiDDS. If your child is active in sports, don't wait to invest in a custom mouthguard. Contact us today to schedule a fitting and ensure your child's teeth are safeguarded during every game and practice.

For families in Idaho Falls, reach out to our [Idaho Falls office](#). If you're located in Pocatello, connect with our [Pocatello office](#).

## Related Questions

### Are mouthguards necessary for non-contact sports?

Yes, even non-contact sports can result in falls or accidental impacts, making mouthguards a prudent choice.

### Are mouthguards necessary for non-contact sports?

Rinse it with cool water after each use, clean it with mild soap and a toothbrush, and store it in a ventilated container.

### What if my child loses their mouthguard?

Contact us promptly to schedule a replacement fitting to ensure continuous protection.

### Can mouthguards prevent concussions?

While mouthguards primarily protect teeth and jaws, some studies suggest they may reduce the severity of concussions by absorbing impact forces.

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