

## How to Mould your Mouthguard

The instructions in the mouthguard container aren't the most useful...here is a step-by-step guide on how we mould mouthguards in our house!

Step 1: Put a small pot of water on to boil.



Step 2: Trim the backs of the mouthguard - you only need the guard to cover to the back teeth. Eyeballing the length you need to trim off is fine - otherwise, there's gagging!



Step 3: Trim the top of the mouthguard - this can be really uncomfortable for your player if you don't.



Step 4: Seat your child on a small stool or chair in front of you, but facing away. This gives you the best angle to help them at.





Step 5: Place the mouthguard into the boiling water for 15 seconds. The plastic is really hard first time around so needs a bit more time to soften.



Step 6: QUICKLY run the mouthguard under the tap to take away the initial heat. Yes, this will mean a few more rounds of heat/form/heat/form, but many children (who aren't used to hot coffee or tea) find it too hot.

Step 7: Put the mouthguard into your child's mouth and get them to suck as hard as they can, as though they are trying to suck the most delicious and thick milkshake or smoothie up a straw.



Step 8: Repeat these steps until the mouthguard sits well in their mouth, ideally without them having to bite with their bottom teeth. This can be difficult (especially for younger children), but helps the mouthguard become part of the sport rather than an annoying addition to it.

Mouthguards can be re-moulded if children lose teeth, and if your child is having trouble keeping it in their mouth.

On the field, I keep my mouthguard in the top of my sock. After playing, I put it into the plastic storage container. I give it a scrub with my toothbrush once in a while, too.

