

Dentistry for Kids

Shari C. Kohn DDS, PA



A Word From The Tooth Fairy²

Produced to improve your dental health and awareness

Winter 2007/2008

fromthedentists



Welcome!

Welcome to the very first issue of *A Word From The Toothfairy²*, a newsletter designed to keep our parents and patients informed of new ideas and concepts in the field of Pediatric Dentistry. In the next few issues we will bring you information about different areas including first visits, brushing techniques, flossing techniques, tooth whitening and many other topics where dentistry has made terrific advances over the last few years. We also hope to bring you information that is particular to our office, of which you and your children are the most important part.

We will also rely on your input to help make these newsletters both successful and responsive to your interests. Please mention any topics that you would like to see included in a future issue. If you are finished with this edition or happen to receive more than one by mistake, please share one with a friend who you feel might benefit from the services and care we provide.

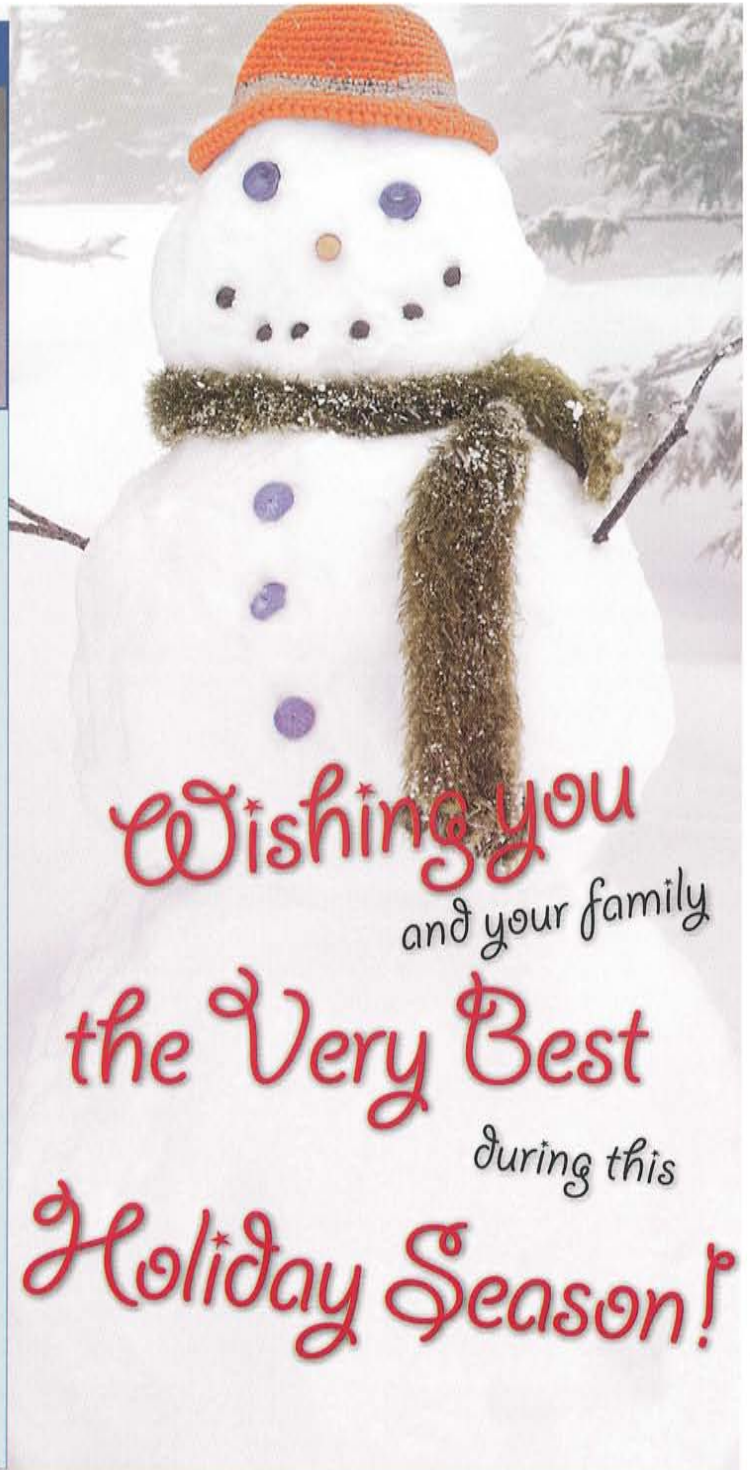
As the New Year begins, many of us consider how we can make the coming year the best that it can be. We intend to make 2008 our personal and professional best by continuing to provide you and your family with excellent and compassionate dental care in an atmosphere that is fun, relaxed, and as welcoming as we can make it!

Our team wishes you a healthy Holiday Season and a Happy New Year!

Sincerely,

Dr. Shari C. Kohn,

Dr. Lauren K. Ballinger



Wishing you
and your family

the Very Best

during this

Holiday Season!

Ask us about the great dental products we sell in the office



...eventually, your first teeth will fall out and be replaced by permanent teeth. These will last for your whole life – but only if you take care of them! Brush regularly and remember to floss! And don't forget to smile!

Fun That Really Matters

Prepare kids and parents for dental visits

Your child's primary teeth are very important – they help them chew, speak clearly, look attractive, and maintain positions for the permanent teeth. That's why good dental health is essential.

It is important that you schedule your child's first dental visit at age one or within six months of the first erupted tooth. Even at this young age, we can determine how your child's teeth and mouth are developing.

Most first visits are directed towards the parents. They involve introductions to our office and staff. After a review of your child's medical history, we will perform an oral examination on your child. Infants and Toddlers will be seated in a chair on their parent's lap in a way that allows both the doctor and the parent to see inside the mouth. We will show you how to care for your child's teeth, and we can recommend ways to prevent such problems as early childhood decay. We may even clean and floss your child's teeth and apply a fluoride varnish.

Allowing you and your child to know the dental team members is just as important as the checkup itself! When your child has fun with our team it can lead to fearlessness about future visits. We see the benefits every day: children are so responsive to our treatment style they look forward to returning to our office.

By making your child's first ride in the chair a pleasant and interesting experience, we're building a firm foundation for a lifetime of healthy smiles.

If you have dental anxieties, be careful not to pass them on to your child. If your child is old enough to understand, they should be informed of the visit and told that the dentist and the staff will explain all procedures and answer any questions. The "less is more" attitude concerning the visit is better. It is also best if you refrain from using words around your child that might cause unnecessary fear, such as needle, pull, drill, or hurt. We only use words that are pleasant and non-frightening that convey the same message. First impressions last!

Getting Acquainted

Meet Dr. Shari Kohn!

Dr. Shari Kohn was born and raised in Maryland and has been practicing as a specialist in Pediatric Dentistry since 1992. She opened her private practice in Hunt Valley, Maryland, *Dentistry for Kids*, in 2004. Dr. Kohn is also a part-time Clinical Instructor at the *University of Maryland Dental School* for the Department of Pediatric Dentistry.

In 1998, Dr. Kohn became a Board Certified Pediatric Dentist. At that time, she was offered fellowship into the *American Academy of Pediatric Dentistry* and Diplomate status to the American Board of Pediatric Dentistry.

Dr. Kohn has served as a Member of the Board of the Maryland Academy of Pediatric Dentistry and served as President from 2004 to 2006. She is a Past President of the Maryland Society of Dentistry for Children and a former winner of the Pediatric Dentistry Achievement Award. Dr. Kohn also served as president of Alpha Omega Dental Fraternity of Baltimore.

Most recently, in 2007, Dr. Kohn was elected by her peers and inducted as a Fellow into the American College of Dentists.

Dr. Kohn has been married since 1989 to her husband Tom, an attorney in Baltimore. They live in Lutherville with their children, Rachel and AJ, and golden retriever, Penny.



Meet Dr. Lauren Ballinger!

Dr. Lauren Ballinger grew up in Western Massachusetts and comes from a family of Pediatric Dentists (her father and uncle still practice there.) She graduated from the *University of Maryland Dental School* with her Doctorate of Dental Surgery in June 2000 and, after working in the Maryland area as a general dentist, she joined her husband, Matt (also a dentist) in Germany where he was a Captain in the US Army.

Dr. Ballinger returned to Maryland in 2004 and completed her advanced Pediatric Dental training and earned her Certificate in Pediatric Dentistry from the *University of Maryland Dental School* in June 2006.

Dr. Ballinger is presently a Dean's Faculty Member at the Dental School where she lectures to students on the "Year 1 Dental Visit" and participates in the Pediatric Dentistry Pre-Clinical Restorative Dentistry Labs. She is a member of the *American Dental Association*, the *American Academy of Pediatric Dentistry* and the *Maryland Academy of Pediatric Dentistry*.

A resident of Monkton, Dr. Ballinger loves to spend her time outside of the practice with her husband Matthew, who now practices in Timonium, their son Jack (2 1/2) and their newest bundle of joy, Elizabeth "Libby" Sutherland Ballinger born on Monday, October 29th, at 6 lbs 6 oz. Both Jack and their Bassett Hound, Thomas, are very excited to be big brothers!



Dr. Kohn and Dr. Ballinger value the unique opportunity to work with children and their families and play a role in their dental and emotional development. Having children of their own, they recognize that each child is special and has a right to be treated with respect, kindness and understanding.

An Early Smart Start

Finish with a lifetime of dental health

A lifetime of good dental health for your children starts with you! Parents need to be sure that their own dental health is good. Oral bacteria from a parent can be transferred to their child. Dental visits should start within six months of the eruption of the first tooth which is usually around age one.

If your child is six to twelve months of age, we can discuss teething problems, assess the need for fluoride supplements, and review pacifier use and the effects of thumbsucking. We'll outline some of the dangers of oral injury to a child's mouth as they learn to crawl.

From ages six to eighteen months, when baby teeth begin to erupt, we will assess the need for tooth brushing, fluoride, and in some cases flossing your child's teeth. We can recommend good eating habits and overall diet for excellent oral health. We will also review with you what habits are especially bad for your child's developing dentition, and help you to develop an oral emergency plan if your child injures their mouth.

Usually between the ages of five and seven (sometimes even earlier), your child will start losing baby teeth. During this period, we can tell you what to expect as adult teeth begin to erupt. If thumbsucking persists, we can provide suggestions on how to discourage the habit. Healthy eating becomes increasingly important as your child grows. We can counsel you on a regular basis with practical, age-related advice, as well as offer health information to help prevent serious oral health problems in your children. Together we can work to safeguard your children against major dental problems in the future.



Peter Pan (Sarah),
Bunny Rabbit (Jackie),
Pocahontas (Dr. Kohn),
Tooth Fairy (Corynn),
Cat in the Hat (Danielle),
Baby (Chris),
Witch (Wendy),
Little Red Riding Hood
(Courtney)

28273-W71-59676 CUSTOM INSIDE

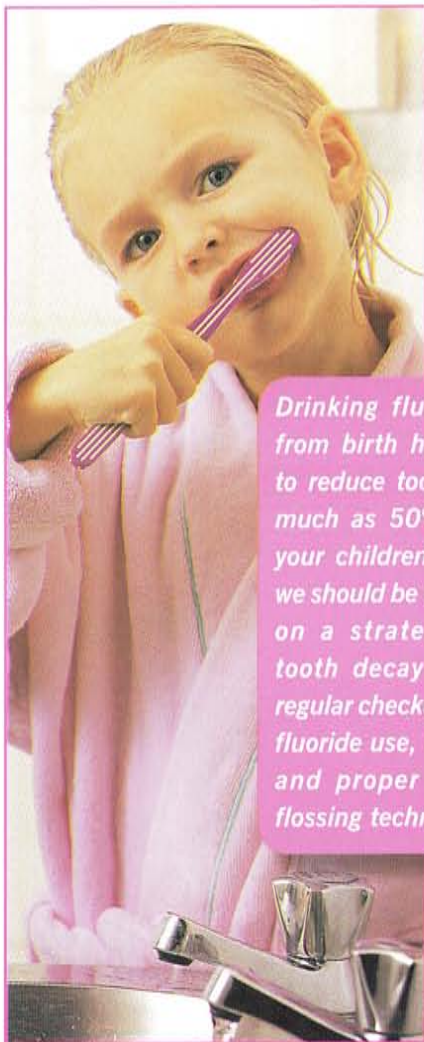
New Patients Welcome!

We pride ourselves on the high quality of service and care we provide. There's no better sign that we are doing our jobs well than the number of new patients who schedule appointments with us each month. Referrals and word of mouth are our number-one source of new patients. When you give us a good reference, we won't let you down! A vibrant and satisfied patient base helps our practice strong so that we can continue to offer the very best in dental treatment.

So, if you're wondering whether or not we accept new patients - the answer is YES. Not only do we accept them, we encourage them. There's no higher compliment for us than to be given the privilege of meeting and serving the needs of a new patient.

Our door is open





Fluoride!

Always a great cavity fighter

The connection between healthy teeth and fluoride has been carefully studied and researched. People who have used fluoridated water since birth have 60-70% fewer cavities and a lot less decay in their permanent teeth.

Fluoride is added to the water supply of many communities and has been proven to be safe and effective in preventing tooth decay. While fluoride levels in tap water are carefully monitored, levels in well water are not, and some wells may be deficient. Although many consider bottled water a healthy alternative to chemically treated water from municipal reservoirs, we could be losing a major source of fluoride. Suppliers of bottled water are not required to list the amount of fluoride in their product. Some brands contain none whatsoever.

Drinking fluoridated water from birth has been shown to reduce tooth decay by as much as 50%. By the time your children reach age six, we should be working together on a strategy to prevent tooth decay that includes regular checkups, appropriate fluoride use, dental sealants, and proper brushing and flossing techniques.

Whether you live in a well water community or a municipal water area please ask us how to determine if your water has fluoride. You may be surprised to know that some public water supplies are NOT fluoridated. If your child is not exposed to fluoride, it may be necessary for us to prescribe a great tasting fluoride vitamin for your child to be taken on a daily basis. We also have water analysis kits that you can purchase to test your waters fluoride level. Too much fluoride can cause fluorosis, a harmless white mottling or flecking on the teeth. That's why it's important to evaluate each child's fluoride

exposure. Young children should use only a pea-sized amount of toothpaste and parents should stay with them to supervise and help with the brushing.

More questions about fluoride and your child? Please feel free to ask us.

Dentistry for Kids

Shari C. Kohn DDS, PA
Lauren K. Ballinger, DDS
 Christine Bartholomey - Office Manager
 100 Sparks Valley Road, Suite C
 Hunt Valley, MD 21152-9234

Office Hours

Mon-Fri 8:00 am – 5:00 pm*

Saturday 8:00 am – 1:00 pm*

* by appointment

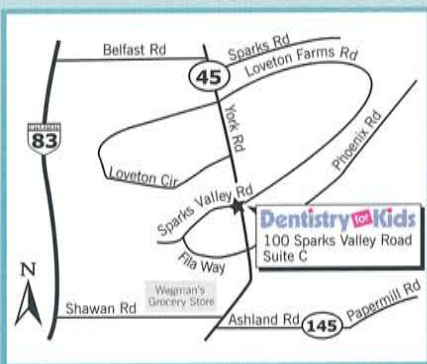
Contact Information

Office (410) 771-8200

Fax (410) 771-8201

Email thedentist4kids@comcast.net

Web site www.toothfairy2.com



Healthy Teeth Diet

Ensure you have one!

Nutrition plays an extremely important role in oral health, particularly during childhood. The greatest single threat to the dental health of children comes from the excessive use of *non-milk extrinsic sugars* found mainly in sodas, juices, biscuits, cakes, candy, and table sugar. These sugars provide about 17% of the energy for most children. The figure should be no more than 10%.

What is also alarming is the practice of adding sugar to milk-related food and allowing kids to sip sugary drinks such as juice for prolonged periods.

The first line of defense, after cutting down on sugars, is to immediately brush the teeth.

A family plan to eat well, to follow a rigorous home oral care program, and to schedule regular dental checkups will go a long way toward a lifetime of shining smiles!

Bedtime Drinks & Snacks...

Can cause decay

The condition is nursing syndrome or baby bottle syndrome. It happens when any liquid – besides water – is given to a baby during the night, or before napping or sleeping. Even milk or breast milk can break down into sugars! This can be any food or liquids from a bottle, breast or a sippy cup. When your child sleeps, their body functions slow down, including the flow of saliva. If your child goes to sleep with milk or juice on their teeth it is an optimum environment for cavities to occur.

Decay starts when harmful bacteria makes acid from the sugar in our food and drink. This acid destroys the hard surfaces on teeth, causing cavities. Acid attacks the teeth for at least twenty minutes before saliva finally washes it out. But during sleep, saliva production lessens and the sugar in a baby bottle has a lot more time to attack the enamel, causing irreversible damage and severe pain. The result is one of the worst things we see – a young child with black, rotted and abscessed teeth.

Bedtime? Offer a bottle or sippy cup of water. It will make your baby's tomorrows a lot brighter.