

Dentistry for Kids

Shari C. Kohn DDS, PA



A Word From The Tooth Fairy²

Produced to improve your dental health and awareness

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fromthedentist



Welcome To Spring!

We are all finally free of the record breaking snow, endless cancellations, and being stuck inside eating too many goodies! Whew! Spring is here!

I just wanted to take this opportunity to thank all of our patients and their families for their patience and understanding over the past months as we have been “down” one doctor and moving forward with Dr. Marta Jolesz. During this very busy time, my staff and I have been doing our very best to make this a smooth adjustment for everyone. We understand that it has been a struggle at times to get an appointment as quickly as you may like. I appreciate that you understand that I am only one person trying to do the job of two. The snow and weather related closures have not helped the situation either. You have all been wonderful with helping us make-up the lost time.

So you know, I have taken a temporary leave of absence from my teaching position at the dental school so that I can be in the office more hours to accommodate our patients. Still it has been a trying time. As always, our goal is to give the very best care to our patients in a timely fashion and in a kind and loving atmosphere.

I particularly wanted to extend a heartfelt thank-you to my amazing staff. We are all very fortunate to have such a wonderful group of loving and caring individuals working with your children. I cannot even begin to attempt to express my appreciation of their efforts.

All of us at Dentistry For Kids look forward to everything running smoothly as we are joined by Dr. Jolesz on a full-time basis this July.

We wish you all a happy healthy spring. Spring is a time of new beginnings. Spring is a time of fresh ideas. Spring is here - **finally!** We look forward to seeing all of you!

Fondly,

Dr. Shari Kohn

Shari C. Kohn, D.D.S., P.A.



Hey Kids!!

Have you every heard of "Camp Teeth"?? WHAT?!

CAMP TEETH - WHAT ARE THEY? WHERE DO I FIND THEM? ARE THEY GOOD OR BAD?

- Here at *Dentistry for Kids*, we see a lot of *camp teeth*. Usually, we see them in the late summer.
- Camp teeth* can be quite scary (and sometimes hairy!) They are sometimes large and sometimes small. If you are really on the lookout, you may even spot them at the mall!
- Camp teeth* are teeth that have been out in the sun and teeth that have just been having fun.
- Camp teeth* are teeth that have been eating and drinking and usually end up stinking!
- Camp teeth* are teeth that people have been forgetting to brush because people have been in too much of a rush!
- Camp teeth* will hardly ever see floss or toothpaste ... usually at camp, there is no time to waste!
- Augh! *Camp teeth* are sometimes brown, yellow or green. *Camp teeth* are quite a sight to be seen!

To avoid *camp teeth*, ask your mom to pack all the necessary tooth tools: (brush, floss, fluoride rinse, extra goodies to keep braces clean). **And use them!**

Please remember while away at camp - follow these simple rules: brush with fluoride toothpaste in the morning and night. Parents (and dentists) will be happy when you are doing it right! Plus your teeth won't be hairy or scary ... and just think - your breath will not stink!

Don't be a fool - *camp teeth* are not cool!



FLOSS?

My two year old?? For Real???

When do I start? Why do I floss my child's teeth? How in the world do you suggest I do this???

These are questions we hear everyday- and these are our answers!

Flossing should start as soon as the teeth are touching! This can be age 1 or age 10 - everyone is different!

Teeth that touch are very susceptible to cavities because bacteria harbor in between teeth where it is warm, dark and wet. Toothbrush bristles are much too fat to clean in between. The only defense we have against these "in-between" cavities is FLOSS!!

For flossing very young children, it is best, (and easiest) to have them lie down on the bed, floor, or sofa. This way parents have overhead lighting and when children are lying



down, their tongues drop back a bit out of the way making it less likely for them to gag. For very small "wiggly" kids, parents may have to wrap them in a towel and lay them on a changing table or floor.

There are a variety of floss and flossers available. There is smooth floss, fuzzy soft floss (Reach gentle gum care), flavored floss, and floss on sticks or holders. Any of these can be effective.

If you have questions about flossing, just ask! We are happy to help you, show you the areas that touch and give you some fun floss samples to try at home!

LISTERINE! It's NOT for kids!!

It contains at least 21% alcohol. It is not tested or recommended for children! Listerine does make products for kids - they are called: *Smarrinse* (a fluoride rinse) or *Agent Cool Blue* - a tinting agent. These products have no alcohol and are tested and safe for kids! Any questions, call our office.



Toothbrushes...

Which one is right for your child?

We get lots of questions about toothbrushes ... soft... medium ... electric ... manual...??? ...which one is best?

Keep in mind - the best brush for your child may not be the best for another child! Also keep in mind - parents should be helping with brushing until approximately age 10.

Some tips for choosing the best brush for your child:

- ALL children should use a SOFT bristle brush! No exceptions!
- Most children do best with a smaller brush than the manufacturers recommend on the package. When a child is using a brush that is too big, areas (especially inside areas) can be easily missed. When in doubt - choose a smaller brush.
- Electric brushes can be very helpful at any age - although again - children should be helped/supervised until age 10. Electric toothbrushes do NOT hurt the baby teeth in any way. Sometimes the electric brushes make tooth brushing more fun and can encourage kids to brush longer! The only thing to be cautious of, sometimes the electric brushes "tickle" the gums and kids won't tolerate the bristles getting close enough to the tissue leaving a thin layer of plaque.
- Another advantage to electric brushes is, kids with braces generally greatly benefit from the special brush heads designed to get around brackets and in between wires.
- Manual tooth brushes are still great too. Some parents feel as though they have more control with a manual brush. Also - some parents feel the manual brush is "less messy". Parents can always brush first without toothpaste so that they can see the plaque and make sure they're getting onto the gums as well... before following up with toothpaste.

Please feel free to ask questions when you come into the office. All of our staff is knowledgeable about different types of brushes and will be happy to show you brushing tips with electric or manual brushes. Also - if you purchase a new brush and would like us to review techniques with you - bring it along. We are here to help you and your child keep a happy healthy smile!



While They Sleep

3 kid facts

1. The rate of **bruxism** (the grinding or clenching of teeth) during sleep seems to be highest in children. About 15% of children brux and about one third continue to do so as adults.

2. About 10% of kids **snore** and although some think it's cute, it could be connected to more serious problems like sleep apnea.

3. 10% of children who snore have **obstructive sleep apnea** which can cause a pause in breathing, reducing oxygen intake.

Of course, just as the majority of children outgrow bruxing, most who snore are completely normal and don't show any signs of ill health. A child may normally and occasionally snore, for example, due to a bad sleeping position.

It's *your* experience that counts. If you're concerned, set your mind at ease - talk to us and your medical professional.



Clean As... A Hound's Tooth

By Merritt Dean Halem, DDS

Excerpted from *Chicken Soup for the Dental Soul*

It never fails to amaze me how children can look through you, size you up, and make judgments about you no matter what they have heard about dentistry from parents, their peers, or by way of street talk.

Several years ago, I had a cute little seven-year-old who came in for her first visit to the dentist. The hygienist cleaned her teeth, fluoridated them, and instructed this youngster on the importance of good homecare. When the hygiene procedures were completed, I entered the operator and performed a routine examination of the child's mouth. I, too, stressed the importance of good homecare. The girl proceeded to tell me that not only did she brush her own teeth regularly, she also brushed her dog's teeth every single day.

I laughed and told her I hoped she didn't use her toothbrush to clean the dog's teeth. She looked at me, placed her hands on her hips, and said she would never use her toothbrush - she used her sister's brush instead. After laughing so hard that tears came to my eyes, I instructed the hygienist to give this little girl three toothbrushes; one for herself, one for her sister, and one for her dog. I am certain that good homecare now exists throughout that household.

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Mouthguards



If you have any questions about mouthguards Please ask!!

Medical research shows that one in four people will suffer a mouth injury during their lifetime. Although contact sports like football and lacrosse account for many of these injuries; an alarmingly high percentage of them occur during non-contact sports like bike riding, soccer, volleyball, basketball, and skateboarding. Believe it or not – we see many mouth injuries from cheerleading! Yes! Cheerleading has a very high incidence of injury.

Wearing a mouthguard can prevent most injuries, and that is why we recommend them for all types of athletes doing all kinds of sports! Mouthguards not only protect teeth, but can help prevent injuries to the jaw, lips, tongue and entire mouth. Perhaps one of the most important things mouthguards can do is prevent a concussion. A concussion occurs when there is a sharp blow or collision to the jaw or head. Mouthguards help spread out the impact as well as act as a shock absorber for your head and neck.

There are several types of mouthguards available on the market

today. The first is a custom mouthguard like those of professional athletes. These are made by a dentist and are by far the most comfortable because they are made with a custom mold of your mouth. We typically only make these for kids and adults with all their permanent teeth. Kids with primary teeth, or mixed dentition (some baby teeth and some adult teeth) and kids with braces should wear mouthguards too. For these kids it is best to purchase a mouthguard at a local sporting goods store. These can be fitted at home. The store bought mouthguards range in price, but are typically under \$30.

Even if your child's sport does not mandate mouthguards, seriously consider making them use one anyway. Especially, for example, when learning how to ride a bike or roller skate. It is a small price to pay to avoid the expense of broken teeth and the pain of facial injuries...not to mention the avoidance of possible concussion or serious neck injury. Who knows – parents who enforce mouthguards may just start a good trend!

Dentistry for Kids

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Dr. Marta Jolesz

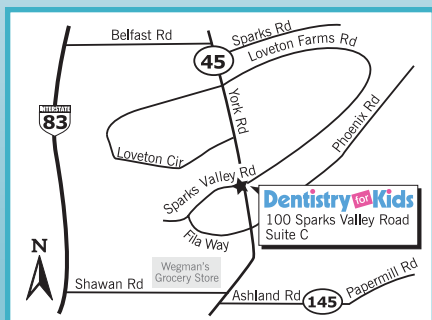
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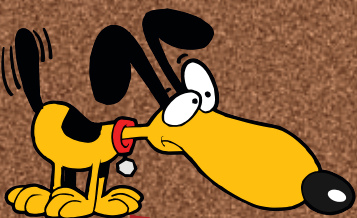
Mon-Fri 8:00 am – 5:00 pm*
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Information included is not dental or medical advice. For your specific information be sure to consult our office. If you do not wish to receive this newsletter, please contact us directly.



Pet Corner



Do you love pets? We do!

We are working on our very first *Pet Pictures* bulletin board - and we need your help! The next time you come to visit us, please bring a picture of your pet! It can be a dog, cat, mouse, rabbit, horse... or - whatever! It can be dressed up, smiling, or sleeping! Make sure you write your name and your pet's name! We can't wait to see all of your *pet-friends!*

- Danielle