

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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Get To Know Us Both

As many of you know, both Drs. Kohn and Ballinger are specialists in Pediatric Dentistry. What you may not know is that one of them is always on call for emergencies that may arise after business hours.

This is how it works... In the event of an emergency, call our main office number (410) 771-8200 – no other office

lines will work. The message on the answering machine will advise you who is on call and how they can be reached. After the answering machine tone, you should leave a detailed message with your name, your child's name, the type of the emergency and the best phone number at which we can reach you.

Then call the on call doctors emergency cell phone number and leave a duplicate message. Please make sure to leave a message on both our office answering machine and our emergency cell phone voicemail.

We do our best to return phone calls promptly. During our phone conversation, we will assess the problem and decide if your child needs to be seen immediately or on the next business day.

fromthedentists

Remember, we too are restricted by cell phone coverage. If you do not hear from us in a reasonable amount of time, please call the on call doctors cell phone number again.

Because we alternate our on call duties, we encourage you to make at least one appointment with each of us so that you and your child can get to know us both! This way, in an emergency situation, you will see a familiar face making the situation a little more comfortable and hopefully less stressful.

Sincerely,

Dr. Kohn, Dr. Ballinger and our wonderful staff

A TRIBUTE

To one of our terrific parents

We hope that you appreciate this story. One of our parents who has a child with a special needs decided to help her daughter by writing a personal story about going to the dentist.

She used photos from our web site www.toothfairy2.com and pictures of her daughter to write a book called 'The Dentist'.

Her daughter went from being very apprehensive in the dental environment to being calm and aware of the familiar surroundings. The mom's inspiration came from Carol Gray's web site called www.thegraycenter.org. She used the information under *Social Stories* to guide her book.

We wanted to share this special story with you and your family.



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

Oral Care

From Pregnancy to Teens

Pregnant women are particularly susceptible to gingivitis, or gum disease, which can travel through the blood stream to the uterus, sometimes causing premature labor and lower birth weight. Please make sure you see your dentist regularly during your pregnancy, and pay particular attention to your oral health home care. Did you know that you can transmit your cavity producing bacteria to your child?

Birth To Two - Beginning a few days after birth, clean baby's gums by gently massaging them with your (clean) finger and later a damp cloth. Letting your baby lie in bed with a bottle of milk or juice can lead quickly to early childhood decay. Remember, once teeth erupt (or grow in) they are susceptible to decay. The time for your baby's first dental visit is within six months of the eruption of the first tooth or around age one. These are the new guidelines of the American Academy of Pediatric Dentistry, the American Dental Association and the American Academy of Pediatrics - which your pediatrician may not even be aware.

Three To Six - Children should have their teeth brushed at least twice daily, at least once (preferably at bedtime) by an

adult. Children do not have the ability to properly brush and floss. It is necessary for an adult to properly remove plaque from the surfaces of a child's teeth. Fluoride toothpaste should always be dispensed and supervised by an adult. Help your child by providing healthy drinks and snacks, and remember to schedule regular preventive checkups with us.

Seven To Twelve - Baby teeth are beginning to be replaced by the permanent teeth, so be firm about regular oral health care habits! Set specific times for brushing, accompanied by flossing at least once a day. Even at this age children still need adult supervision or help. At this time, many children are starting orthodontic treatment. Cleaning teeth with braces can be even more challenging to families. These children may need extra help from you or us and more frequent dental visits may be necessary. A topical fluoride rinse or gel should be used during orthodontic treatment.

The Teens - Teenagers are more susceptible to tooth decay than adults, usually because of their diet and inadequate oral care. Continue to emphasize the lifelong importance of professional and personal care ... and that bad breath can be cured by simply brushing and flossing their teeth adequately. If oral hygiene is excellent and the tissues are healthy, many teens can consider teeth whitening or bleaching at this time. Mouthguards are also important at this age - particularly for our young athletes. Stock or custom fitted mouthguards can be utilized. Ask us which is best in your child's particular stage of development.



IS IT TIME FOR BRACES YET?

It's a well known kids' question, but when it comes to dental health, deciding exactly when it's the right time to bring your child in for early orthodontic treatment isn't always that simple. For grownups, the most common reason most people get orthodontic work is because their teeth don't look good. But for children, appearance isn't the only major consideration.

In recent years, the dental profession has realized that many bite problems can be recognized and treated much earlier than was once thought. Today, instead of waiting until all the permanent teeth have erupted, interceptive or early treatment can be initiated during the "mixed dentition" stage (having both baby and adult teeth present). In this way the orthodontist can use the opportunity to work with the normal growth and development

of the child. Early treatment usually is initiated in the seven to nine year range and often reduces the need for future extractions of permanent teeth or surgical intervention for skeletal discrepancies. During this kind of orthodontic treatment, orthopedic (skeletal or jaw) discrepancies and space management problems (crowding) can be addressed and corrected as your child is growing.

The idea is to try to create the ideal setting for adult teeth to grow into. Suppose your child loses a primary tooth because of a cavity or infection. If that space isn't maintained, teeth on either side will begin to tip over or drift into the empty space. The tooth on the opposing jaw (upper or lower) will grow and appear longer because it's not meeting any tooth resistance. This can cause the stress of chewing to be distributed unevenly, which isn't good for supporting bones and gums. In the long run it might mean a full set of braces for an otherwise normal bite. A

temporary space maintainer will hold the space open until the permanent tooth is ready to grow into the proper position.

Early orthodontics can also be an effective way to deal with bad habits that can deform your child's bite. Habits such as tongue thrusting, biting the lower lip and thumb sucking can lead to problems once the permanent teeth come in. Early treatment can prevent these habits from causing complex bite problems later on.

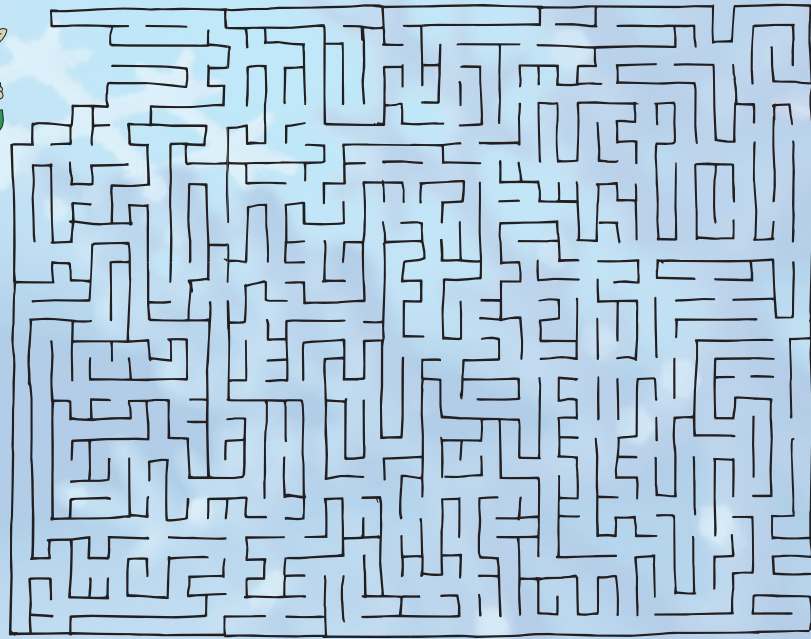
No matter how old you are, orthodontic treatment isn't just a way to improve appearance. It can also prevent problems and help teeth find optimum form and function. As Pediatric Dentists we have received extra training to recognize and assess your child's growth and development. We can provide basic treatment such as space maintainers or functional appliances and will also let you know when we think it is appropriate for your child to have an orthodontic consultation.



Help Mr. Elf Find His Present!

It's almost the Holidays and our friendly elf has lost his present! Help him by going through the maze without lifting your pencil.

Good Luck!



Dentistry for Kids

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Office Hours

Mon-Fri 8:00 am – 5:00 pm*

Saturday 8:00 am – 1:00 pm*

* by appointment

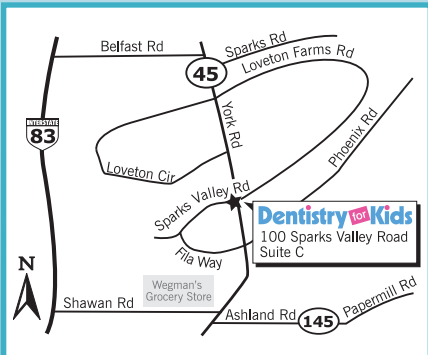
Contact Information

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Read The Label

Medications for children have a hidden ingredient – SUGAR! Prescription and over the counter products such as *Tylenol*®, *Motrin*®, *Advil*® and antibiotics – even vitamins - can contain anywhere from 10-75% sugar, especially children’s formulations. Some medications, especially throat lozenges and cough drops, range from 50% to nearly 75% sugar. That’s not a big deal if you only use them once in a while. However, this is a concern for us and for children who need to take medications on a regular basis. These children need more attention to their oral hygiene. First, always follow medication with water to help wash away the sugary residue. Second, brush after medication – especially at bedtime. Sugar in these medications can cause serious decay. That’s why children who regularly use medications often have a higher incidence of tooth decay. Please advise us if your child falls into this category.

The good news is that more and more medicines are being made without sugar. Check the label and make sure you’re not getting more than you bargained for. If you’re not sure, ask your pharmacist for help.

Our Phone System



Please note our office main number is (410) 771-8200. We have other phone lines that are used for outgoing phone calls only. So, when we leave you a message, please *do NOT* press return call on your phone or you may get one of these outgoing lines. If you don't call our main number and call one of the outgoing lines, the phone will ring on your end but not in our office. There will be no answer and no answering machine.