



# LOGO

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## MEET THE DENTIST

Single or multiple biographies go here.

Example...

Dr. J. Smith graduated from the Big Name University in 1900 and received her dental degree from College of Dentistry in 1910. She received his Pediatric Dental Speciality degree in 1912 from a two year residency at the Medical Center in Texas.

She has been an associated professor of Pediatric Dentistry at Someplace teaching interceptive orthodontics and corrective early growth problems to graduated students from 1912-13. In 1913 she began his private practice.

Among her offices are past President of the Society of Dentistry for Children, past President of the Society of Pediatric Dentistry, and Vice Chairman of the Academy School Board.

Dr. Smith is an active member of American Academy of Pediatric Dentistry and Southwest Society of Pediatric Dentistry. She is active in her church, is married and has two children.

## LOGO/ PRACTICE NAME

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# CREATING HEALTHY AND HAPPY SMILES ONE CHILD AT A TIME.



## WHAT IS A PEDIATRIC DENTIST?

The pediatric dentist has an extra two to three years of specialized training after dental school, and is dedicated to the oral health of children from infancy through the teenage years. The very young, pre-teens, teenagers and children with special needs all require different approaches in dealing with their behavior, guiding their dental growth and development, and helping them avoid future dental problems. The pediatric dentist is best qualified to meet these needs.

## FIRST VISIT CREATING A "DENTAL HOME"

Our office, as well as the American Academy of Pediatrics (AAP), the American Dental Association (ADA), and the American Academy of Pediatric Dentistry (AAPD) all recommend establishing a "Dental Home" for your child by one year of age. Children who have a dental home are more likely to receive appropriate preventive and routine oral health care.

## WHY ARE PRIMARY (BABY) TEETH SO IMPORTANT?

It is very important to maintain the health of the primary teeth. Neglected cavities can and frequently do lead to problems which affect developing permanent teeth. Primary teeth, or baby teeth, are important for 4 main reasons:

- (1) allow chewing and eating for proper nutrition, growth and development
- (2) providing space for the permanent teeth and guiding them into the correct position
- (3) permitting normal development of the jaw bones and muscles
- (4) proper speech development

While the front four teeth (incisors) may last until approximately 6-8 years of age, the back teeth aren't replaced until usually 10-13 years of age. The pace and order of the eruption of your child's teeth may vary.

## TOOTH DEVELOPMENT

UPPER TEETH	PRIMARY ERUPT	PERMANENT ERUPT
Central Incisor	8-12 mos.	7-8 yrs.
Lateral Incisor	9-13 mos.	8-9 yrs.
Canine (cuspid)	16-22 mos.	11-12 yrs.
First Premolar		10-11 yrs.
Second Premolar		10-12 yrs.
First Molar	13-19 mos.	6-7 yrs.
Second Molar	25-33 mos.	12-13 yrs.
Third Molar		17-21 yrs.
LOWER TEETH	PRIMARY ERUPT	PERMANENT ERUPT
Central Incisor	6-10 mos.	6-7 yrs.
Lateral Incisor	10-16 mos.	7-8 yrs.
Canine (cuspid)	17-23 mos.	9-10 yrs.
First Premolar		10-12 yrs.
Second Premolar		11-12 yrs.
First Molar	14-18 mos.	6-7 yrs.
Second Molar	23-31 mos.	11-13 yrs.
Third Molar		17-21 yrs.



## HOW DO I PREVENT CAVITIES?

Good oral hygiene removes bacteria and left-over food particles that combine to create cavities. For infants, use a wet gauze or clean washcloth to wipe the plaque from their gums. Once your child's teeth erupt, brush them at least twice a day. A pea size amount of fluoride toothpaste can be used after the child is old enough NOT to swallow it.

When teaching your child to brush, place the toothbrush at a 45 degree angle; start along the gum line with a soft bristle brush in a gentle circular motion. Flossing should begin when any two teeth touch. You should brush and floss your child's teeth until he or she can do it alone in a proper manner.

Healthy eating habits lead to healthy teeth. Like the rest of the body, the teeth, bones and the soft tissues of the mouth need a well-balanced diet. Children should eat a variety of foods from the major food groups and avoid snacks containing sugar.

Visits every six months to the dentist, as recommended by The American Academy of Pediatric Dentistry, will start your child on a lifetime of good dental health.

Avoid putting your child to bed with a bottle filled with anything other than water. This will help prevent a serious form of decay among young children commonly referred to as early childhood caries (ECC). This condition is caused by frequent and long exposures of an infant's teeth to liquids that contain sugar. Among these liquids are milk (including breast milk), formula, fruit juice and other sweetened drinks.

Protective sealants may also be recommended by our office. Sealants can be applied to your child's molars to prevent decay on hard to clean surfaces.