



A Message from Your Lake Arrowhead Dentist:



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National Children's Dental Health Month

Do something wonderful for your child this year and provide regular visits with their dentist and pediatrician. The ideal time for a child to visit the dentist is six months after the child's first tooth erupts or by the first birthday, while the goal of any child's dental visit is achieving positive behavior and delivering safe, quality dental health care.

This one year -old time frame is a perfect opportunity for the dentist to carefully examine the development of the child's mouth. To protect against problems such as early childhood tooth decay, teething irritations, gum disease, and prolonged thumb or pacifier sucking, your dentist can provide or recommend special preventive care.

Often a first visit is simply a time to acquaint your child with the dentist and the office. Short, successive visits can build the child's trust in the dentist and the dental office and prove invaluable if your child needs to be treated later for any dental problems.

Children's appointments should be scheduled earlier in the day, when your child is alert and refreshed. For children younger than age 2 or 3, the parent may need to sit in the dental chair and hold the child during the exam. The first visit often lasts between 15 and 30 minutes and may include any of the following, depending on the child's age:

- A gentle and thorough exam of the teeth, jaw, bite, gums and oral tissues to monitor growth and development while observing any problem areas.
- A demonstration on how to properly care for the mouth and teeth at home.
- Nutritional counseling
- Dental x-rays to screen for dental cavities, extra or missing teeth, and evaluation of space available for the permanent teeth, depending on the age of the child.

Dental tooth decay is the most common chronic childhood disease in the United States, affecting 16.5 million children and yet can be dramatically reduced or eliminated with early care and discussion with your dentist. The decision on the best method of treatment for your child needs to be a joint decision between the dentist and the parent.

Our office strongly supports the Kids' Healthy Mouth Campaign launched in 2012, encouraging children to brush for 2 minutes twice a day. More information about the campaign is available at 2min2x.org.

Yours for better dental health,

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