



Kid's Edition

Louis Siegelman, DDS

Produced to improve your dental health and awareness



from the dentist

Welcome Dr. Currier!

We are excited to welcome our new associate *Dr. Currier* who has recently joined our practice team.

Dr. Currier takes pride in providing comprehensive quality dentistry including cosmetic dentistry, implant dentistry, root canal therapy, emergency services, periodontal treatment, oral surgery, and oral medicine. She received extensive training in restoring functionally, biomechanically, aesthetically, and medically compromised patients.

Above all, Dr. Currier looks to provide a comfortable and caring environment for her patients. She aims to individualize her care for each patient to create a pleasant experience. Dr. Currier is currently seeing patients on Wednesdays and Fridays.

Yours in good dental health, Dr. Siegelman

Sugary Drinks Cause **BIG** Problems for Little Kids

Sugary drinks are bad news for teeth and are linked not only to weight gain, but also to poor diets, poor health and tooth decay in children. Sugar is a known cause of cavities, providing “food” for bacteria that promote tooth decay. Moreover, the acidity in carbonated drinks exacerbates the problem, as it can cause erosion of tooth enamel after as little as one sip. Tooth decay is the most chronic childhood illness in the United States!

Beverage choices matter from birth. For optimal health and growth, there is no better food than breast milk for a baby’s first 6 months of life, then continuing as long as the mother and child desire, according to the American Academy of Pediatrics. Plain water (unless advised otherwise by a pediatrician) low-fat 1% or nonfat milk are the most appropriate beverages for healthy children older than two.

Infants under 6 months old should not be given juice at all.

From 6 months to

6 years of age, a child’s intake of fruit juice should be limited to 4 to 6 ounces per day. Some pediatricians even recommend to dilute the juice with water. Never let your child fall asleep with a bottle in their mouth if the bottle contains milk or juice because it will cause rampant decay!

Common sugary drinks are regular (non-Diet) sodas, sports drinks, bottled teas, fruit drinks, juice cocktails, vitamin fortified juice drinks, vitamin waters and energy drinks. These beverages are full of empty calories in the form of added sugars and provide little to no essential nutrients.

Learning habits start early and are difficult to undo as children grow. So try not to introduce these sugary drinks to your children and promote healthy eating and drinking!

How To Prepare Your Children For Their First Dental Appointment

By 2 1/2 yrs. old most children have all of their baby teeth, so toddler hood is a great time to instill good oral hygiene habits. Sure, those baby teeth don't hang around forever, but it's still important to keep those tiny teeth and gums in tip top shape while they're saving the spots for the grownup teeth. I would definitely recommend to take your child to a pediatric dentist - someone who has additional training in caring for children's oral health. Another bonus is that a pediatric dentist is prepared to deal with any squirming in the dental chair. Most pediatric offices have their waiting rooms/

operatories decorated kid friendly and have many activities for the kids to look at and participate in. Before you assume that getting your toddler into the dentist's chair will involve either a tantrum or bribery, remember that your child doesn't harbor any bad feelings toward the dentist. So, try and keep your own negative feelings in check (if you have any) and let your child enjoy his/her first dental visit with the same enthusiasm as a visit to Grandma's house (without grandma's yummy cookies, of course).

What To Expect At The First Visit.

The American Academy of Pediatric Dentistry recommends bringing your child to see the dentist by the age of one or within six months of the first tooth erupting. Usually the first dental appointment is informal and short. It's more of a meet and greet for your child to see the office and meet the

dental team/dentist. Depending on your child's age and comfort level, you may be asked to hold him/her while the dentist looks around their mouth. The dentist at the time will be checking your child's teeth for any possible decay (cavities), examine your child's gums, jaw, and bite. Depending on the age of your child and how well they sit in the chair, the dentist or hygienist may clean your child's teeth and apply fluoride if needed. The dentist or hygienist will talk to you and your child about how important it is for good oral hygiene habits and give you a chance to ask any questions you may have about your child's teeth. You may want to bring a list of questions with you so that you remember them.

Based on how your toddler's teeth look, your dentist will let you know when to make the next visit. Most Dentists recommend that toddlers should be seen every 6 months as long as there are no major problems.

Mouth Guards

We all know that sports are a great potential outlet for kids. They promote physical fitness and provide the opportunity to exercise social skills. As parents, we encourage our children to play sports and to play them safely, but even when caution is used, sports related activities can cause numerous injuries to the mouth and teeth.

Dental or facial injuries can be expensive, painful and extremely traumatic for children and teens.

Sports are more intense and committed than the traditional "street ball" or neighborhood baseball game. It is common to wear mouth guards in martial arts, boxing, hockey, and football - long gone are the days when children played sports without facial protection.

With the attention on and new information about concussion and brain health and safety, wearing personal head and face protection is more important than ever before.

Boil and bite sports guards are found in the local drug stores but provide little to no protection for the teeth. A custom mouth guard can be made by the dentist to ensure that the appliance fits perfectly to your child's teeth and protect them from injury.

Are Vitamins Necessary For Kids?

Most parents worry that their children aren't getting enough nutrients from the food they're eating, especially if your child is a picky eater. Before you reach for the chewable vitamins, find out what experts have to say.



Multivitamins

Some parents make taking a multivitamin part of their morning routine, while others never do. There is no real consensus on it - experts disagree about vitamins for children who don't display signs of deficiency, while others claim that a multivitamin can be like an "insurance policy" that can fill in the gaps of a not-so-great diet or for picky eaters.

You should really consult your pediatrician about this. If you do decide to give your child a multivitamin (and your pediatrician agrees), choose one that's formulated specifically for children, and make sure it provides about 100% (not much more!) of the RDA for all the vitamins and minerals listed. Here are a few reputable children's multivitamins:

- Flintstones Complete
- Puritan's Pride Multi Chewables
- One-a-Day Kids Complete (Chewable, not gummies)
- Freeda Vitales (100% vegetarian, and yeast, gluten, and lactose free)

Following the dosage listed on the label, keep the jar tightly capped on a high shelf, and make sure your kids know that vitamins are NOT candy.

Children can overdose on vitamins, so be vigilant! Gummy vitamins are not recommended since they stick to the teeth and can cause decay.

Fiber

Fiber is also important for kids: Fiber-rich foods help regulate weight and mood, and they help prevent constipation. A great rule for determining how much daily fiber your child needs is "age + 5 grams."

For example: A ten year old child requires about 15 grams of fiber a day.

First and foremost, try to increase fiber through kid-friendly whole grains, fruits and vegetable. High-fiber breakfast cereals and grains are an easy way to provide a fiber fix. If your child is struggling with chronic constipation and requires an extra dose, talk to your pediatrician about adding a fiber supplement.

You can try some of the following:

- Benefiber Powder
- Juice + Fiber (10 grams of fiber per 8 ounce box)
- Now's Inulin Powder (found at Trader Joe's)

Calcium and D

It's true that children don't drink as much milk as they used to but that's the reason a lot of kid-friendly foods are now fortified with calcium. So before going the supplement route, parents should do a weekly "calcium tally" with their children to determine whether it's needed.



Calcium Requirements:

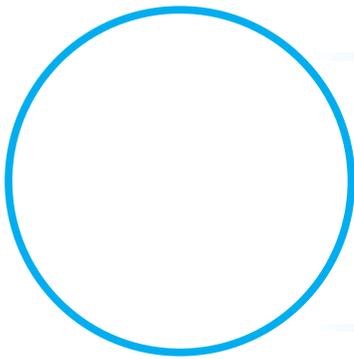
- Ages 1-3 = 500 mg a day
- Ages 4-8 = 800 mg a day
- Ages 9-18 = 1,300 mg a day

If your child comes up short on the weekly tally and you can't find a way to get more calcium-rich foods onto the menu, talk to your pediatrician. If you decide to add a supplement, look for one that contains vitamin D, which we need to help absorb calcium. Viactiv calcium chews come in a variety of flavors and tend to be well accepted by children of all ages. On the other hand, if your child has braces or is anything like my 11 year old son, Billy, who will not go near a chewy, you can resort to a pill. And if your child cannot swallow a pill, you can mash up one "Caltrate 600 plus D" and mix it in a yogurt or pudding.

Last but not least...

Make sure your kids brush their teeth after taking chewable vitamins. Do not leave vitamins or any other supplements within reach of children. And be sure to talk to your child's doctor before you begin any vitamin or supplement routine.





Teaching Your Child The Importance Of Good Oral Hygiene

Teaching your child the importance of good oral hygiene is one of the best things you can do for your child. This will help prevent cavities and tooth loss. Baby teeth are just as important as adult teeth for chewing, speech and self-esteem. Explain each step of the brushing process to your child as you do it. Brush the inside surfaces of all the teeth, using a circular motion and making sure to angle the toothbrush toward the gum line. Next, brush the outside surfaces of the teeth with the same short, circular motions. Finally, brush the chewing surfaces, and then the tongue.

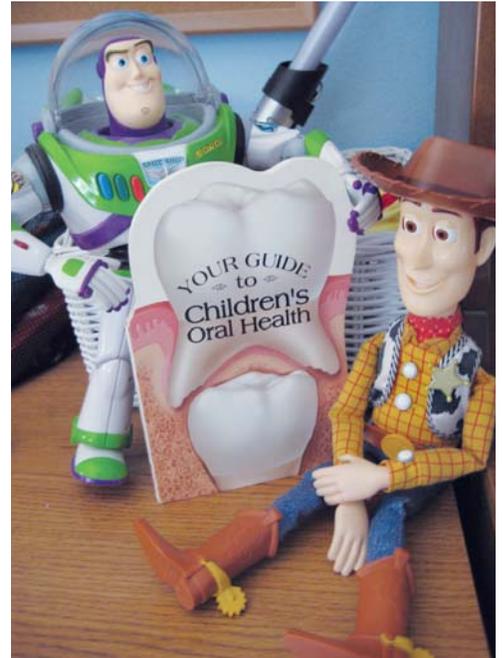
Brushing together as a family is

another way to help your child develop good brushing habits. Brush for 2-3 min. each time, setting a timer if necessary. This gives your child a good idea of what the right amount of time to spend brushing feels like. Brushing along to a favorite song can act as a timer and also makes brushing lots of fun.

Getting children involved in the decision-making process can encourage them to brush and make dental hygiene more enjoyable for them. Why not let them pick out their own child toothbrush and toothpaste - there are many on the market.

Alternative in-between cleaners such as dental picks aren't safe or effective for kids. Flossing your child's teeth is the best bet and should be done when your child's teeth start to come closer together. Food will be more easily trapped between the teeth and brushing may not be enough to thoroughly clean them. Just like adults, kids need to floss once a day during their night time routine. Flossing between every single tooth and the back molars is important for a healthy mouth. This is when the teeth have the most food and plaque build-up and will benefit the most from flossing. Children also shouldn't use mouthwash until they're at least 6 years old.

Teaching your child the importance of dental care early on will lay the foundation for a lifetime of healthy teeth and a great smile!



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**COMMUNICATION IS IMPORTANT
TO US – DON'T BE
AFRAID TO ASK QUESTIONS!**