



Dr. Arnold Weiss



Dr. Wesley Barton

Welcome to our practice!

We are very glad you have come seeking the best care for your baby or toddler. A child is a joy to everyone involved, despite all the work needed to keep up with their growing teeth, bodies, and minds. Children continually remind us what a miracle life truly is! For over 35 years, the Center for Pediatric Dental Care and Orthodontics has provided individualized care for thousands of children.

Just as your baby was born with all the potential to grow into adulthood, the baby teeth and permanent teeth are already rapidly forming. Now is the time we want to begin thinking about your child's oral health care. Armed with advanced knowledge and some common sense techniques, you can help your child develop positive attitudes for a lifetime of healthy, cavity free teeth.

The Role of Your Pediatric Dental Team

Many children see the Pediatrician an average of six times by two years of age. These "well child" checks are a universally accepted part of routine medical care. However, unless your physician is specially trained, you may be missing out on important oral health care advice.

Pediatric dentists are specially trained to care for children from the beginning of life. If your child had an oral birth defect, a natal tooth, or was born premature, you may have seen a pediatric dentist when your child was only a few days old. Children are not simply small adults. A pediatric dentist has the knowledge and ability to treat the unique anatomy, growth, and behavioral maturity of children. They are also tuned into prevention of disease and other problems. Starting with early visits to your pediatric dentist, you can take advantage of all the latest prevention strategies. In general, seeing your pediatric dentist when your child is 12-24 months old is a good rule to follow.

At your child's "well baby" dental visit, the emphasis is not on finding cavities or cleaning teeth, although at times it is necessary. We will focus on prevention and discuss age appropriate issues that will help you in caring for your child.

These early visits will also give you and your child an informal exposure to our dental office. This exposure will give your child the time and tools needed for him or her to see the dentist as a friend and enjoy future visits. It happens all the time, and we can do it with your child too!

We look forward to seeing you soon,

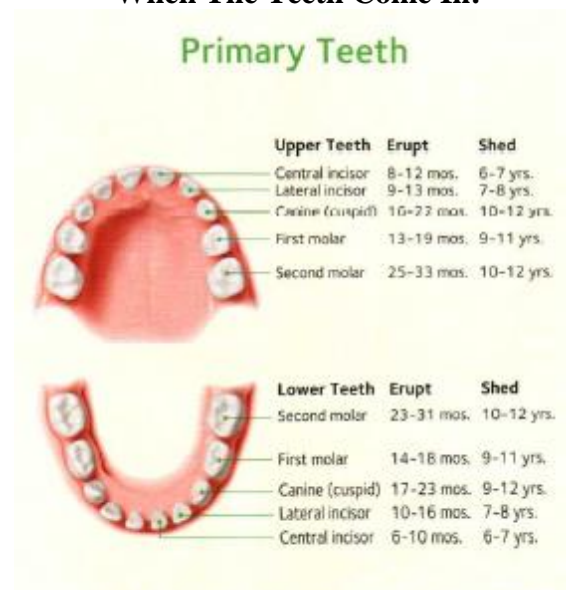
Drs. Weiss, Barton, Krausz, Miller and Taylor

Infant / Toddler Dental Care

- Infant (0-12months)**
- * Wipe gum pads with washcloth during bath or meal time
 - * Begin brushing with a soft toothbrush with fluoride free toothpaste when the first tooth erupts
 - * Don't let your child use the bottle constantly throughout the day or night. Try to use the bottle for feeding only, not comfort, especially at naptime and nighttime
 - * Make a plan for discontinuing the bottle and introducing a cup at 12-16 months
 - * Use of a pacifier is favored over finger sucking
 - * Accident protection: Use of car seats, high chairs, and avoidance electric cords to prevent oral injuries
- Baby (12-18 months)**
- * Phase the bottle out. Nighttime feedings go first. Phase regular feeding and sippy cups in. Only water should be in the sippy cup, as it is used for a short transitional period to a regular cup.
 - * Tooth brushing should be at minimum twice a day after breakfast and after dinner (Continue with a non fluoridated toothpaste)
- Toddler (18-30 months)**
- * Address pacifier and thumb habits. Plan to have pacifier stopped before age 3. Address thumb or finger habits as soon as possible.
 - * Introduce fluoride toothpaste, a smear only, with tooth brushing after the 2nd baby molars come in.
 - * Flossing should begin when the baby teeth touch. Floss aids are helpful
 - * Fluoride protects baby teeth and permanent teeth on their smooth surfaces. Our teeth benefit from fluoride in two ways. In development, by ingestion, (water fluoridation, tablets), and topically after they are in the mouth with toothpaste and fluoride rinses and gels.
 - * Swallowing toothpaste in excess can cause fluorosis or a white speckling or frosting of the permanent teeth.

With the dental team's help, we will teach your child proper dental hygiene and how to act in the dental office for a uniquely, positive experience.

When The Teeth Come In:



Toothbrushing Strategies



Every parent knows the difficulty of properly cleaning a child's mouth and teeth. With the mouth, even the smallest infant can defend that internal space with a surprising battle. It is very tempting to forget about that part "until the child is older." Unfortunately, oral health care does not get any easier as a child gets older, and many parents find their children have cavities before they realize that proper daily oral hygiene is serious business. Sticking with a strategy will ensure ideal oral health.

Here are a few tips:

1. Start early – Begin wiping an infant's gums and cheeks with a clean washcloth at bath time before you get the washcloth soapy. You will get your infant used to daily mouth cleaning.
2. First Teeth, First Toothbrush - Continue to wipe your baby's mouth out with a washcloth, but introduce a small soft bristled toothbrush with warm water to your child after the first tooth comes in. Let him or her grab and bite on the brush, then smiling and making a game of it gently brush the tooth along the gum line. Don't get discouraged, and don't do it longer than 15-20 seconds at a time.
3. Brush with your child – When your child has 4-6 front teeth, brush morning and nighttime with a non-fluoride toothpaste. Once all 20 baby teeth are in the mouth use a small smear of a children's fluoride toothpaste.
4. If using toothpaste, make sure it tastes good.
5. Tell a story.
6. Sing a song

Since your child can't rinse or spit, you need to be creative. You don't have to do it in the bathroom where there is a sink. Hold your child in a chair; lay them on a bed or changing table. Do it while looking at a video, on the porch, or looking out a window. Distraction and making a game of it will give you success. Now is the time to train and teach your child brushing will be done daily. Make a game of it, sing a song, count the teeth, look for the cheerios, pizza, toast, etc. and brush it away. Make a stand and do it. You'll be glad you did. Brushing is a continuum of learning and your child will not adequately do their own until they have the dexterity and patience, many times not until they can write cursive at about age 8. These early lessons will set them up for success.

About Fluoride and Young Children

1. Fluoride is a naturally occurring mineral that is regulated in water to prevent cavities.
2. A small amount of fluoride incorporated into the teeth when they are forming makes the teeth more resistant to decay. Excess can cause white speckling or frosting of the teeth.
3. Up to age six, parents need to carefully monitor how much toothpaste children are getting (no more than a pea sized amount of regular strength fluoride toothpaste per day) so they don't swallow it. Treat toothpaste like any medication.



Fluoride is everywhere. It's in processed food, drinks and some bottled water; avoiding fluoride in the Brookline/Boston metro area would be nearly impossible. Fluoride is the most important ingredient in toothpaste and is added to the public water system in Massachusetts to the recommended concentration. While fluoride is very beneficial to preventing dental decay, excess fluoride can cause the adult teeth to be speckled with white spots.

How does fluoride work? The enamel of the teeth is a like a crystal that forms over time by minerals hardening around a protein scaffold. If the crystal structure is damaged by a high fever, trauma, or other problems, the tooth mineralization can be interfered with. When fluoride is available to the body as the tooth forms, it replaces part of the tooth crystal structure and makes the tooth stronger without changing the appearance.

If too much fluoride is incorporated into the tooth, it will affect the crystal structure and cause white spots or streaks in the enamel of the tooth. This condition is called fluorosis.

Fluoride ingested affects the tooth while it is unerupted (growing in the jaws). The fluoride in the toothpaste as well as fluoride treatments, rinses, and gels affect the teeth already in the mouth. Fluoride can prevent dental decay after the tooth is fully formed by re-mineralizing the outside of the tooth, as it is done when a concentrated dose of topical fluoride is applied when your child visits the dentist.

While decay is less than it was 50 years ago, even today cavities remain the most common childhood disease. Water fluoridation is the most cost saving public health measure ever.