

## Calming the Anxious Child

Many children are calm, comfortable, and confident in a pediatric dental office. Because pediatric dentists specialize in treating children, they make children feel special. The Papillion Pediatric Dentistry office is especially designed for children. Staff members choose to work in a pediatric dental office because they like children. Sometimes, however, a child feels anxious during treatment. Your child may need more support than a gentle, caring manner to feel comfortable. Nitrous oxide/oxygen is a safe, effective technique to calm a child's fear of the dental visit.

**Q.** What is Nitrous oxide?

**A:** Nitrous oxide or laughing gas as it is sometimes called, is a gas that is used in combination with pure oxygen to relieve your child's dental anxiety and put them at ease. When inhaled into the body, nitrous oxide has a natural calming effect that only lasts as long as the dental procedure. It is recognized as one of the safest sedatives used in dentistry today.

## Why The Pediatric Dentist?

Pediatric dentistry is the dental specialty that focuses on the oral health and unique dental needs of young people.

After completing a four-year dental school curriculum, two additional years of rigorous training are required to become a pediatric dentist. This specialized program of study and hands-on experience prepares pediatric dentists to meet the unique needs of infants, children and adolescents, including those with special health care needs.

At Papillion Pediatric Dentistry we are concerned about your child's total health care. Good oral health is an important part of this care.

Establishing Papillion Pediatric Dentistry as your child's, "Dental Home" provides us the opportunity to implement preventive dental health habits that keep your child free from dental/oral disease.

Our focus includes prevention, early detection and treatment of dental diseases, and keeping current on the latest advances in dentistry for children.

Enjoyable visits to the dental office promote the establishment of trust and confidence in your child that will last a lifetime. Papillion Pediatric Dentistry's goals are to help all



One of our treatment bays at Papillion Pediatric Dentistry. The bay is set up to make children feel at ease in comfortable non-clinical surroundings.

children feel good about visiting the dentist and to teach them how to care for their teeth. We have designed our office especially to make your children feel at ease.

Our communication style is relaxed. When talking about the dental equipment and the procedures, we use terms that children can understand. Our main concern is what is best for children.

**P2**

**P3**

**P4**

*Inside This Issue*

*Important facts...*

*Ask Dr. Bennett - Q&A...*

*Infants & Children...*

# Important facts...

## X-Rays

### How Often Should a Child Have X-Rays...

In general, children need X-rays more often than adults. Their mouths grow and change rapidly. They are more susceptible to tooth decay than adults. The American Academy of Pediatric Dentistry recommends X-ray examinations every six months for children with a high risk of tooth decay.

## Preventing

## Decay

### For a Healthier Smile...

Four things are necessary for cavities to form: 1) a tooth; 2) bacteria; 3) sugars or other carbohydrates; and 4) time. We can share with you how to make teeth strong, keep bacteria from organizing into harmful colonies, develop healthy eating habits, and understand the role that time plays. Remember, dental decay is an infection of the tooth. Visiting us early can help avoid unnecessary cavities and dental treatment. The pediatric dental community is continually doing research to develop new techniques for preventing dental decay and other forms of oral disease. Studies show that children with poor oral health have decreased school performance, poor social relationships and less success later in life.

## Importance of Primary Teeth (Baby Teeth)

Humans have two sets of teeth: primary and permanent teeth. The two sets of teeth are similar in structure, although primary teeth have thinner enamel and larger pulp chambers. Humans have 20 primary, or deciduous, teeth that begin to emerge at around six months of age but develop well before birth.

Expectant mothers need to eat a nutritious diet containing adequate calcium to ensure the proper development of their baby's teeth. Primary teeth play a key role in the development of children and it is very important that the primary teeth are kept in place until they are lost naturally.

Children who develop tooth decay in their primary teeth are more prone to decay in their permanent teeth.

These teeth serve a number of critical functions by:

1. Helping digest food once a baby starts eating solid food and permitting the child to chew properly.



Primary teeth play a key role in the development of children.

2. Helping develop the shape of the face and playing a key role in speech development.
3. Maintaining space for and guiding the permanent teeth (which develop underneath) into proper position.
4. Helping a child feel good about the way they look through a healthy smile.

# Doctor's profile...

## Dr. Jane Bennett

### Owner of Papillion Pediatric Dentistry

Dr. Bennett completed her undergraduate education at the University of Nebraska-Lincoln in 1999. She graduated from the University of Nebraska Medical Center College of Dentistry with Distinction in May of 2003. Her Specialization Certificate in Pediatric Dentistry was completed in June of 2005 from the UNMC College of Dentistry's Postgraduate Residency Program.

Throughout her training, Dr. Bennett has stayed actively involved in the community. She has participated in various children's health fairs and schools throughout the cities of Lincoln and Omaha, encouraging good oral health, demonstrating essential dental equipment and procedures, explaining prevention of caries (cavities), and proper maintenance of oral hygiene. She has even been spotted wearing a tooth fairy costume a time or two! Dr. Bennett has also provided dental care to underprivileged children at the 'Son Risa Project' in Hastings, Nebraska. In addition, she has participated at seven 'Give Kid's a Smile' Dental Days at the College of Dentistry in Lincoln and Alliance, Nebraska, where free dental work is donated to underprivileged children.



## Ask Dr. Bennett

### Dr. Bennett Answers Your Questions!

**Q** Are you taking new patients?

**A** Yes! Please call 402-502-1256 today to make an appointment for your children.

**Q** How often does my child need to see the pediatric dentist?

**A** A check-up every six months is recommended in order to prevent cavities and other dental problems. However, your pediatric dentist can tell you when and how often your child should visit based on their personal oral health.

**Q** How do dental sealants work?

**A** Sealants work by covering the pits and groves in the chewing surfaces of the teeth which the toothbrush can't reach. This covering shuts out food particles that could get caught in the teeth, causing cavities. The application is fast and comfortable and can effectively protect teeth for many years.

**Q** When should we begin using toothpaste and how much should we use?

**A** Fluoridated toothpaste should be introduced when a child is 2-3 years of age or when advised by your pediatric dentist. Prior to that, you should clean your child's teeth with water and a soft-bristled toothbrush. When toothpaste is used after age 2-3, you should supervise brushing and make sure the child uses no more than a pea-sized amount on the brush. Children should spit out and not swallow excess toothpaste after brushing.

# About...

## Adolescents

Adolescents have special needs. Appearance and self-image are very important. Decayed or poorly positioned teeth or jaws might make them more self-conscious. Teens also eat frequently, and unhealthy snack foods tend to become a major part of their regular diet. We provide a professional, sensitive and caring approach to restoring and guiding teeth, and teaching preventive dental health care through the teen's high school years. When necessary, we will provide information on sealants, oral piercing, wisdom teeth, missing teeth and tobacco use.

## Infants and Children

The first dental visit should occur shortly after the first tooth erupts and no later than the child's first birthday.

Getting an early start in regular dental care is an important step on the road to teaching your child healthy lifetime habits. We want to share with you the latest available methods for keeping your child healthy and safe.

The first dental visit should occur shortly after the first tooth erupts and no later than the child's first birthday. Beginning tooth and mouth examinations early may lead to detection of early stages of tooth decay that can be easily treated. At the first visit we will present:

1. A program of preventive home care including brushing, flossing, diet and the importance of fluoride.
2. A caries (cavities) risk assessment.
3. Information about Early Childhood Caries (cavities), which may be due to inappropriate nursing habits or inappropriate use of sippy cups.
4. The latest facts about finger, thumb and pacifier habits.
5. What you need to know about preventing injuries to the mouth and teeth.
6. Information on growth and development

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