



“11 Secrets For Raising Cavity Free Children!”

By Dr. Scott A. Hudimac

If you have kids, you know that introducing them to new things can be fun, challenging, exciting, frustrating, and so much more all that the same time!

Back when I was a kid, we grew up almost expecting to have cavities when we went to the dentist. Having the doctor pry, poke, and drill for an hour or so was normal.

However, that is not the case anymore! Times have changed!

Today, in our society, there are a couple of benefits our children have, that we didn't have when we were younger. For example, one of the great benefits is that kids today are growing up with fluoride in the water. People are becoming more aware of the importance of dental hygiene and parents know that they need to bring their children to the dentist.

I made this simple special report to give you a couple quick, helpful tips that you can use to help your child grow up with healthy teeth, and prevent as many dental problems as possible.

When is the earliest a parent should start?

bringing their child to the dentist?

Our policy is to have the parents bring the child when he/she is only six month old for a brief exam and to educate the parents. I'll have them ride in the chair. Lean them back. If they let me look in their mouth and count their teeth, I will! If they let me polish their teeth I will.

A lot of times I just put them in the chair, shine the light and show them everything and then they go home with a small prize and they come back with you again in six months when you need your cleaning and we do a little bit more. So that way when they leave it's a not a negative thing, but they think, **"Hey, this doctor's pretty cool"**

My philosophy is, teach the children to enjoy being at the dentist, then if they need something done, they won't be scared to let us help them. But if I look in their mouth and see there's nothing major we will give them a toothbrush and a gift and have them come back in six months. That way everything is fun.

Parents seem to like that, because when their children grow up not being afraid of the dentist they will be more likely to enjoy the experience.

11 Secrets For Raising Cavity Free Kids!

1. Begin cleaning your baby's mouth with a clean gauze pad the first week the child is brought home from the hospital. Although most babies don't have any teeth until about six months of age, a daily cleaning in infancy will get your child accustomed to the process, and ensure clean and healthy gums when the teeth do come in.
2. By starting early, your baby is more likely to accept your cleaning the teeth later, when it is necessary to prevent tooth decay. Incorporate a toothbrush and fluoride toothpaste into the routine by the time your child reaches 18 months, or at the time the first molars come in.
3. Your child's first visit to the dentist should be around six months. Although baby teeth will eventually fall out, they are very important to your child's dental development. The muscles of their mouth and jaw form around the foundation laid by their first set of teeth. The dentist can make sure your child's dental development is proceeding normally as early as the third birthday and with checkups every six months thereafter.
4. Stop your child's thumb sucking habits before the permanent teeth come in or by the age of six. Sucking on a thumb or pacifier is a natural and satisfying behavior for babies. However, the habit can alter the position of baby's developing teeth and the dental arches if it continues after the permanent teeth begin to erupt.
Fortunately, the damage is usually self-correcting, unless your youngster continues the habit much past the age of six. If you are having trouble getting your child to stop sucking their thumb, we can offer some advice.
5. Make sure your child gets the benefits of the latest in cavity prevention, including fluorides and sealants, if needed
6. Our office has the ability to check for cavities that hide from traditional methods of detection. By using a laser cavity detector called the DIAGNODENT we can see inside the grooves of the tooth where cavities can hide. This can help prevent pain from undetected cavities and save you money.

7. Do not give your child a bottle at night with juice or milk. If your child must have a bottle at bedtime, use water.
8. If your child uses a pacifier, don't dip it in any sweetener. Some dentists have taught this in the past and it is not a good idea! Also, eliminating any unnecessary sugars from your child's diet until at least 2 ½ years of age to prevent the development of destructive oral bacteria.
9. If you live in a community where there is NO fluoride in the drinking water, the use of a fluoride supplement will help prevent cavities. Fluoride rinses can provide additional protection. Finally, if your family uses bottled water try to find one that contains fluoride.
10. You need to help a child under age 9 years old do the brushing. Studies show that children under 9 do not have the dexterity to do a good job. One great strategy if you have a child who likes to do everything on their own is to let them do it first on their own. Then say that it's mommy or daddy's turn. I know that there are children who will fight you on brushing, but stick with it because the rewards will be huge.
11. Finally, the most important thing to realize is that children learn the behavior they observe. So, the reality is your dental health is just as important as your child's. When was the last time you had your dental check up and cleaning?

I hope this report has been very educational and helpful. If you have any questions, or would like to schedule an appointment, please call (724) 537-5505 to schedule our Healthy Teeth Check-UP!

LET'S GET ACQUAINTED OFFER!

Because we are currently expanding our practice I would like to offer you this:

- **10 Point Healthy Teeth Check-Up!**
- **All Necessary X-Rays**
- **Special Guest Tour** of the office
- **Free Diagnodent Exam**
- **Gentle Dental Health Newsletter:** that tells you all about our monthly specials, patients of the month, and patient appreciation events!
- **Referral Rewards Membership.** You'll qualify to be in our very unique club, where we reward our patients for supporting our practice!
- **Teeth Cracking Prevention!**
- **Gum disease check-** (End the bleeding and swelling for good)
- **Oral Cancer Screening** – an unknown danger that is overlooked!

All for just \$51.00

If you have insurance your out of pocket cost will be waived!

You see, I am confident that once you experience our quick, easy, anxiety free and pain-free dentistry, you will select our office for your dental needs.

By selecting our office for your dental care, what have you got to lose?

ABSOLUTELY NOTHING

If you like our service (like many of your neighbors already do) then I want to provide you with high quality, affordable dental care for years to come. If you don't then just let us know and we will send your x-rays to any dentist you choose. I am confident that if any other dentist used the same high technology I use and attended the same advanced education courses, then he/she will agree with our recommended treatment!

Thanks very much for reading this report. I hope you found this to be helpful. If you have questions or comments -- or if you'd like to schedule a **Low Cost 10 Point Perfect Smile Examination** which is usually priced at \$169, but for our new patient drive it's only \$51, please call me right now and set up your appointment at (724) 537-5505.

Sincerely,

Dr. Scott A. Hudimac D.D.S.