

Pediatric Dentist - David J. Hayutin, DDS Prof LLC

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Care of Your Child's Teeth

Begin daily brushing as soon as the child's **first tooth erupts** using a **pea size amount of fluoride toothpaste**. By age four or five, your child should be able to brush their teeth on their own. We recommend brushing **twice a day** with supervision until about the age of seven, just to make sure they're doing a thorough job. However, every child is different, so your **pediatric dentist** can help you determine whether your child has the skill level to brush properly.

Proper brushing will remove plaque from the inner, outer and chewing surfaces. When teaching your child to brush, place a soft bristle toothbrush at a **45-degree angle** to the teeth. **Start along the gum line** with a circular brushing motion. **Brush the outer surface** of each tooth on the upper and lower set of teeth. Repeat the same method on the **inside and chewing surfaces**. Finally, **finish off by brushing the tongue** to help remove bacteria and freshen the breath.

Flossing removes plaque **between the teeth** where a toothbrush can't reach. Flossing should begin when any two teeth grow to touch one another. It's **best to floss your child's teeth** until they're able to do it alone. To begin, start with about **18 inches** of

floss. Wind most of **it around the middle fingers** of both hands, holding the floss lightly **between the thumbs and forefingers**. With a gentle, **back-and-forth motion**, guide the floss between the teeth. Slide it into the space **between the gum and tooth** until you feel resistance, and then gently **scrape the floss against the side of the tooth**. Repeat on all your child's teeth.

The First Dental Appointment

We, and the **American Academy of Pediatric Dentistry**, recommend that a child's first visit to the dentist be scheduled by their **2nd birthday**. It's vitally important that this first visit, as well as subsequent visits, be **as positive and enjoyable as possible**. We want your child to enjoy **getting to know the dentist** and office staff, so we make every effort to make their visit a **pleasant, comfortable experience**.

We advise parents to let their child know that the **dentist and staff will explain everything in detail**, and that they're free to ask questions. Children should be encouraged to **talk about their fears or anxiety** about their visit. We recommend that parents not make a big deal out of their child's visit, and that they **refrain from using words that could trigger unneeded anxiety** such as "drill" or "needle". Don't suggest to your child that the "dentist will not hurt", as the thought of being hurt may not have even entered their minds.

At **Pediatric Dentist - David J. Hayutin, DDS Prof LLC**, we're highly experienced in dealing with **children's anxiety** about their dental visit, so **we'll take the time to explain the procedures** in a **positive and pleasant manner** to help avoid any negative feelings toward the dentist. We'll record your child's **dental and medical history**, perform a **comprehensive exam** and discuss the findings with you. In addition, we'll review the importance of a **good dental health program** with you and your child to help ensure a brilliant smile for life!