

Prepare Your Child For Their First Visit With Us

You play an important role in preparing your child for their first visit with us. The best help is to reinforce our role as the "tooth doctor" who works to keep teeth healthy and happy. Be relaxed and at ease with your child for any anxiety on your part will be picked up by the child. Keep explanations simple and at their level by explaining we will be counting and taking pictures of their teeth. Don't use any words that might instill fear such as shot, hurt, drill or x-ray.

Great Beginnings Pediatric Dental Specialists are specially trained to handle children and we know how to make the experience pleasant for your child. Rest assured, we will treat your child as gently as we would treat our own. We are passionate about great dental health and your children.



Do!

- Make dental visits enjoyable for your child, we'll help!
- Encourage your child to be independent on their visit.
- Set a good example. Brush and floss your own teeth daily and visit a dentist regularly.

Some helpful books to check out from the library include:

Barney Goes to the Dentist by Linda Cress Dowdy
Berenstain Bears Visit the Dentist by Stan and Jan Berenstain
Just Going to the Dentist by Mercer Mayer

Happy Mother's Day

We want to wish all the wonderful moms in our "practice family" a spectacular Mother's Day. It is a special day to celebrate all you do 24/7/365. We truly appreciate your dedication to your family's great dental health. In this newsletter, we've included some terrific stories submitted by moms. Thanks for sharing.

My son, Cory, must have been about 4 at the time. He was playing with the refrigerator magnets one day while I was going through the mail, half-paying attention to him. He would ask me how to spell a word now and then. I would tell him. At some point during his play time, he turned to me and, with pride in his voice, said, "Look, Mom! I spelled your name!" Impressed with his quick learning, I looked over at what he had done and was shocked to see what he had spelled, "PMS"!

Jennifer Schallhorn



Ain't it the Tooth!

MAY 2008 NEWSLETTER



William L. Chambers, DDS, MS, PA, Diplomate; Angela F. Bacchtold, DDS, MS, PA, Diplomate; Andrew S. McKenzie, DDS, PA; Ryan J. Haldeman, DDS, MS, PA

The weather is warm, the flowers are blooming, the birds are singing beautiful songs and we all get to play outside longer. How wonderful and joyous spring is!

Great Beginnings Pediatric Dental Specialists is excited to celebrate the first anniversary of our Waynesville Office and we want to genuinely thank everyone who has joined us in that office location. We are honored to be able to offer great pediatric dental care to those who live out that way. We continue to meet new families and appreciate your referrals.

Please enjoy this informative packed newsletter and be sure to give us your email on your next visit so we can add you to our monthly e-newsletter list. Have a delightful spring and playful summer!



Great Beginnings
 Pediatric & Adolescent Dental Specialists
www.greatbeginningspedo.com

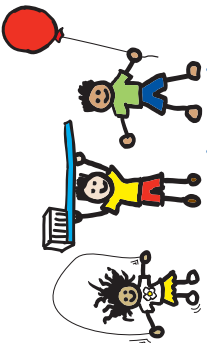
Summer is almost here!

Most of you have probably made your summer plans by now for lots of fun in the sun. Don't forget to make your summer dental appointments with us now. The American Dental Association recommends visiting a dentist every 6 months for a checkup.

Call us today
 to schedule your
 appointment for over
 the summer months.

Asheville Office: 274-9220

Waynesville Office: 454-9156



Great Beginnings

Pediatric & Adolescent Dental Specialists

Board Certified
 Doctors: William L. Chambers, DDS, MS, PA, Diplomate • Angela F. Bacchtold, DDS, MS, PA, Diplomate
 Andrew S. McKenzie, DDS, PA • Ryan J. Haldeman, DDS, MS, PA

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The Foundation Teeth

Most parents don't worry about the condition of the child's primary "baby" teeth, thinking that they are going to fall out anyway. However, pediatric dental specialists consider the "baby" teeth to be the most important teeth in the mouth. What happens to them determines whether the child will face future dental problems.

Consider the facts:


- Unchecked tooth decay in the primary teeth can pass right along to the permanent teeth.
- When a primary tooth becomes infected, the infection often damages the permanent tooth still forming in the child's jaw.
- When a primary tooth is knocked out or lost early due to infection, the gap in the child's mouth allows the remaining teeth to change position. This may mean a mouthful of crooked teeth requiring braces.



The critical role of the primary teeth in the development of the child's mouth and jaw is why the dental profession often refer to the primary teeth as the "foundation teeth". Similar to the home you live in, without a strong foundation, the structure is unstable and will not be strong and supportive for the long term. While children start to lose their

teeth around age six, some remain as pillars in their mouths until eleven years old.

The importance of early dental care for your child cannot be overstated. Those "foundation teeth", that are often ignored, are the ground work for beautiful, healthy teeth that will be there well into their later years of adulthood.



What should I do if my child has a toothache?

First, rinse the irritated area with warm salt water and place a cold compress on the face if it is swollen. Give the child acetaminophen (Tylenol) or Advil as directed on the bottle for any pain. Contact us as soon as possible.

Are thumb sucking and pacifier habits harmful for a child's teeth?

Thumb and pacifier sucking habits will generally only become a problem if they go on for a very long period of time. Most children stop these habits on their own, but if they are still sucking their thumbs or fingers when the permanent teeth arrive, we may recommend a mouth appliance.



What should I do if my child falls and knocks out a permanent tooth?

The most important thing to do is remain calm. If possible, find the tooth. Hold it by the crown rather than the root and try to reinsert it in the socket. If that is not possible, put the tooth in a glass of milk and bring your child and the glass immediately to see us.



A Safe Diet for Healthy Teeth

It is important for your child to have a balanced diet for their teeth to develop properly and to have healthy gum tissue. A balanced diet includes foods that have all the nutrients for your child to grow. These include fruits, vegetables, breads, cereal, milk, other dairy products, meat, fish and eggs. A diet high in certain kinds of carbohydrates, such as sugar and starches, may place your child at extra risk for tooth decay. Foods with starch include breads, crackers, pasta, and such snacks as pretzels and potato chips. When checking for sugar, look past the sugar bowl and candy dish. Processed foods, packaged juice drinks, soda, jello, apple juice are all high in sugar as well as condiments like ketchup and salad dressing. Please feel free to ask us to help assess your child's diet and shop smart. Buy "fun food" for special times.

My son, Zane, lost his first tooth last Friday (April 25th). He was so excited and could not wait for the Tooth Fairy to visit. The next morning, we heard a loud exclamation of, "I'm rich" coming from Zane's bedroom. The Tooth Fairy left him two gold dollar coins. Yet another example of how "rich" I am as a mother!

Thanks, Lisa Gillie

Announcements

WE ARE PROUD to be the first practice to offer the Baby Oral Health Program, BOHP. This program includes early oral health exams of babies up to 14 months in order to begin a journey of great oral health, something we are very passionate about. In February of



this year, Great Beginnings Pediatric Dental Specialists held free baby oral health exams in our Waynesville Office. On August 19 - 21, we will be offering the same free early oral health exams

in our Asheville Office. Call our office at 828.274.9220 if you have a child under 14 months of age to schedule an appointment. Please pass this on to anyone you know with a child under 14 months for a free oral health exam at our Asheville office.

WELCOME TIFFANY MYERS as our new treatment care coordinator. Tiffany was raised in Brasstown, NC and went to Mars Hill College where she played basketball and went to the Division II Elite Eight her senior year. She rejoins our practice after a few years living out of state. "I am excited for the opportunities that lie ahead and I'm glad to be "HOME"! She enjoys exercising, traveling, girls' weekends and hanging out with friends. Tiffany is a huge Pittsburgh Steelers fan and Hines Ward is her favorite...he smiles all the time!



WE WANT TO KNOW all about your fun this summer. Be sure to send us a postcard of your travels and we will post it on our bulletin board. The most unusual place will win \$25 and be posted in the e-newsletter. Have a great summer and send us those postcards.