

## Your child's healthy, happy smile begins with your pediatric dentist

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You love your children and want them to have a healthy, happy smile. Your child's early years are critical – the dental care they receive when they are young can set the stage for the rest of their lives. Having regular dental visits with a trained specialist in pediatric dentistry can help maintain your child's oral health as well as prevent future problems down the road. Here are some issues you should be aware of when choosing a pediatric dentist for your child:

### **Baby Teeth**

The Canadian Academy of Pediatric Dentistry recommends parents to start good oral hygiene practices as soon as your baby is born. Proactive care of baby teeth and gums helps to ensure the development of healthy adult teeth and bones.

### **Hidden Cavities**

Many people are unaware that there are hidden sugars in most foods that can cause cavities. Parents should be informed about good dental practices,

including proper nutrition, when to start brushing your child's teeth, how to properly clean your child's teeth and gums, and how to prevent injuries and/or trauma to your child's teeth. Your pediatric dentist is specially trained to recognize the early signs of cavities and help you and your child prevent them from occurring.

### **Early Childhood Dental Disease**

Also known as "Baby Bottle Syndrome", this is a problem that may occur when children go to sleep with milk, breast milk or juice. The sugars in such fluids left in the mouth overnight can cause tooth decay and result in serious dental and nutritional problems for your child. In fact, tooth decay is the most common chronic disease found in children aged 5 to 17.

### **Fear & Anxiety**

Fear and anxiety about going to the dentist are also greatly diminished with regular dental exams and cleanings. Having a dental team that is focused on the specific needs of your child will greatly help diminish these feelings and help your child accept, and even look forward to, their dental visits.



## Emergencies

Regular dental visits with an experienced, certified pediatric dentist will answer any ongoing dental questions or concerns you may have. They are also better equipped to deal with a dental emergency knowing your child's history, should the situation present itself.

Unfortunately many families don't have access to specialty dental care for their children; in fact there are fewer than 250 pediatric dentists in Canada. Pediatric dentists are registered by the Royal College of Dentists of Canada as Board Certified Pediatric Specialists.

## About Altima Cambridge Pediatric Dentistry

Altima Cambridge has an on-site, **board certified pediatric dentist, Dr. Krista Baier**. She provides dentistry services for infants, children and adolescents. She is also happy to work with patients who are referred by their dentists and/or pediatricians, as well as Region Public Health Offices.

Pediatric services include check-ups, x-rays, cleanings, fluoride treatments, sealants, fillings, crowns, extractions and space maintainers. Children may receive dental care awake, asleep or mildly sedated.



No referral is needed. Families don't have to wait months for an appointment, and new patients are welcome. Altima Cambridge also provides general and cosmetic dentistry for adults.

Contact Altima Cambridge Dental Centre to book an appointment for your child today. With convenient hours, free parking and financing options to suit your budget, the "Altima Advantage" means giving your child a healthy, happy smile they will love.

***Altima Cambridge Dental Centre is located in downtown Preston, at the corner of King St. & Westminster. Free 2-hour street parking and free 2-hour parking lot behind Mr. Sub.***

