



# Gerstenmaier

PEDIATRIC DENTISTRY

*from day one*



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## April is National Facial Protection Month

The only thing that's more important than kids staying active is kids staying safe. The American Dental Association reports that about 2 percent of all children or adolescents who participate in athletics will eventually sustain a facial injury that will require medical attention. 10 to 39% of all sports-related dental injuries are most often the result of a direct hit from a ball, a puck, or player contact.



A properly fitted mouth guard should be considered as essential as any other equipment and will protect teeth from being broken or the jaw and tissue from being damaged. Since tooth loss can be costly, both financially and emotionally, it's best to protect what you have. Make facial protection mandatory; even over-the-counter mouth guards (available in a wide variety of sizes, colors, and even flavors) work well and will keep your child safely in the game.

## Put Dental Stress to Rest

Anxiety about visiting the dentist is something that almost all children will experience, but is something that we can put to rest with preparation. It's understandable for your child to be frightened of such a strange, new place. The sights, the sounds, the smells, and the occasional discomfort can all seem larger-than-life and frightening if not properly explained. Knowing that you'll be there and that you trust us to check their smile will go a long way toward alleviating those fears.

Here are some other helpful tips to ensure that your child's lifetime of great oral hygiene gets off to a good start:

- Be mindful of the words used to describe dental



Congratulations to GPD's  
No Cavity Club Winner for  
February - Raena



Don't forget to pick up  
Our Story and a  
Welcome Brochure!

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about caring for your children's  
dental hygiene!



- Be mindful of the words used to describe dental procedures - avoid "needle", "hurt", "scary" as they can create negative expectations or anxious anticipation.
- Do your best to answer questions about what the visit will be like without going into too much detail; we have decades of experience and training answering the more complex questions in a way that won't frighten or intimidate.
- Be positive and reinforce that we're here to help with the important job of keeping teeth healthy so they can show off their winning smile.

These early experiences are integral to building the positive foundation necessary for promoting oral hygiene and preventing unhealthy teeth, gums, and premature tooth loss.

We specialize in providing the care and consideration children need to feel comfortable and secure with dental work. Together, we can help your child's smile shine brighter for a long, long time.



## Fun Foods for Healthy Teeth

Did you know that a balanced diet is just as important for a healthy mouth as good oral hygiene habits?

Too much sugar and carbohydrates can lead to a buildup of tartar, plaque, and disease-causing bacteria. Sweet treats, while okay every once in awhile, can quickly cause cavities if eaten in excess and especially if a consistent brushing routine isn't in place. A diet filled with the right fruits, low-fat dairy, vegetables, and lean proteins will provide them with a range of nutrients that can actually help prevent tooth decay and gum disease!

Here's a list of some kid-friendly, healthy-teeth foods:

- Pineapple
- Oranges
- Whole-grain bread
- Carrots
- Celery
- Yogurt (low-fat or non-fat)
- Pears
- Baked Chicken
- Cereals (unsweetened)

While these foods are a great start to any meal, and make for

excellent snacks, it's best to help your child avoid frequent snacking and focus on full meals with a variety of nutrient rich, unsweetened, low sodium foods. Frequent snacking no matter how healthy a food is can lead to decay because the frequent intake prevents the mouth from cleaning itself and restoring a neutral pH. Moderation is key!

Nutrition and hygiene go hand-in-hand so get your kids excited about the right food and the right routine and they'll have healthy smiles for life!

## **About Our Practice**

Gerstenmaier Pediatric Dentistry is a family owned practice located in Akron, Ohio. From day one, we have provided children, adolescents, families and adults with special needs with the right care at the right time -- ensuring positive dental experiences that last a lifetime and bring bright and happy smiles to every patient.