



# Gerstenmaier

PEDIATRIC DENTISTRY

*from day one*



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## Smiles & School Bells

Every child wants to look their best when they return to school at the end of the summer, and their smile is as important as their fresh haircuts and new outfits! Studies show that people usually notice a



person's smile first, and that a good smile goes a long way toward having positive self-esteem - something all parents want for their kids. Gearing up to go back to school is a great time to reinforce dental habits that will keep your kids smiling all semester long.

### Three Tips to Starting School with a Smile:

- *Healthy Lunches and After-school Snacks*

If they've left home without something nutritious packed, many kids head straight to the vending machine for sugary food and drinks both during cafeteria lunch and at after-school sports. These can have a terrible effect on oral health!

Fruits, nuts, bite-sized carrots or other veggies, and bottled water are much better and will give them the energy they need to excel throughout the day!

- *Proper Oral Protection for Sports*

According to the American Dental Association, research estimates that about 2 percent of all children or adolescents who participate in sports will suffer an oral-related health injury severe enough to require medical attention and that sports accidents account for 10 to 39 percent of all dental injuries in children.



Congratulations to GPD's  
No Cavity Club Winner for July  
- Ruthanne



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

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Ask questions, join  
discussions, and learn more  
about caring for your children's  
dental hygiene!

That's why a properly fitted mouth guard is as essential as any other piece of athletic equipment! Mouth guards, even dentist-customized ones, are significantly less expensive than the cost to treat an injury and can spare your child significant emotional, physical, and psychological trauma.

- *Back-to-School Dental Checkup*

Visiting us twice a year during your child's school-age years is critical because it is a time of significant change in the mouth, with the loss of baby teeth and the eruption of permanent ones. Tooth decay is the most common chronic childhood disease and, if untreated, can result in the significant impairment of your child's ability to speak, eat, sleep, and even learn.

A quick preventive checkup at the start of the school year will help stave off tooth decay and remind your child to take care of his or her teeth throughout the year!

## A Simple Homework Assignment for Better Oral Hygiene

Did you know that bacteria builds up on your tongue just like it accumulates on your teeth?



That's why we recommend that, starting tonight, you teach your child to gently scrape their tongue as part of their regular brushing routine. It might sound strange, but diligent tongue scraping with a toothbrush can prevent many major dental issues. Simply move the bristles of the brush softly back and forth on the tongue to remove any debris.

By scraping his or her tongue, your child will:

- *Prevent Bad Breath* - if all of those debris and bacteria particles aren't removed, they'll create a bad smell commonly associated with bad breath.
- *Remove White Spotting* - Sometimes, there can be so much bacteria on the tongue that a white film or coating can be seen. Scraping the tongue will wipe it off and restore it to a healthy pink.
- *Reduce Overall Risk to Dental Health* - By removing the bacteria from your tongue, you're preventing it from



eventually spreading to your teeth and gums, thereby preventing more significant dental issues.

## 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.