

Did you know?

Cavities are the most common chronic disease of childhood and are preventable.

Why is Preventive Dentistry Important?

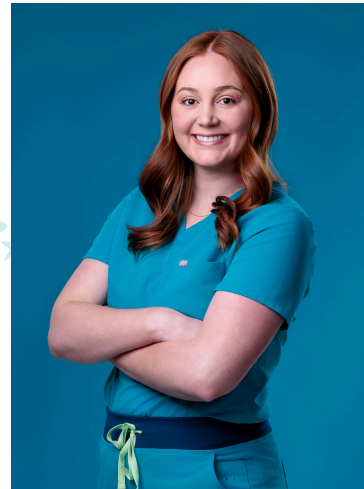
- **Cavities Can Happen Early**
 - Even baby teeth can get cavities, and untreated decay can cause pain, infection, and problems with eating, sleeping, and speaking.
- **Healthier Smiles, Happier Kids**
 - Preventing problems helps children avoid discomfort and develop a positive attitude toward dental visits.
- **Saves Time & Money**
 - Preventive care is often quicker, easier, and far less costly than treating problems later.
- **Baby Teeth are Important**
 - Primary teeth help with chewing, speech, and guiding adult teeth into place. Keeping them healthy is crucial to your child's overall development.
- **Supports Overall Health**
 - A healthy mouth is connected to a healthy body—oral health impacts everything from nutrition to speech to self-esteem.

About Us

At **Columbus Pediatric Dentistry**, we are committed to providing high-quality, comprehensive dental care tailored to the unique needs of children, including those with special healthcare needs. We believe optimal oral health is essential to a child's overall well-being and development, and we're honored to support families every step of the way.

No insurance? No problem!

At Columbus Pediatric Dentistry, we created a custom membership plan to make quality dental care affordable and accessible for every child—because every child deserves a healthy smile. Visit our website to learn how this plan can benefit your child.



Dr. Kaitlynn Harvey

402-585-0001
3005 19th Street, Suite 700
Columbus, NE 68601
info@cpdne.com
www.cbuspediatricdentistry.com



Guiding smiles to bright, healthy futures



**Pediatric Dentistry
& Cavity Prevention**

What Role Do Parents Play in Prevention?

At **Columbus Pediatric Dentistry**, we believe parents are the **most important partners** in building healthy smiles that last a lifetime! Here's how you play a key role in your child's oral health:

Establish Healthy Habits Early

- Start brushing with a **smear of fluoride toothpaste** as soon as the first tooth appears.
- Switch to a **pea-sized amount by age 3**.
- Brush twice a day—morning and night—using a **soft-bristled toothbrush**.

Make Smart Food Choices

- Choose **fruits** over fruit snacks and **water** over juice or soda.
- Pair starchy snacks like crackers with cheese or veggies to help protect teeth.
- Limit frequent snacking to reduce cavity risk.

Create a Bedtime Routine:

- After brushing at night, only water should touch your child's teeth—**no milk or snacks before bed**.
- This helps prevent "baby bottle tooth decay."

Schedule Routine Visits:

- The **first dental visit** should happen by **age 1** or within 6 months of the first tooth.
- Continue regular checkups **every 6 months** to catch small problems before they become big ones.

Be a Role Model

- Let your child see you brushing and flossing—kids love to imitate!
- Make dental care a fun, positive experience they look forward to.



How Do Pediatric Dentists Help Prevent Dental Problems?

A pediatric dentist is a **children's dental specialist**, like a pediatrician, but for teeth!

Pediatric dentists complete **2–3 years of advanced training** after dental school, focusing on the unique dental needs of **infants, children, teens, and children with special healthcare needs**.

At **Columbus Pediatric Dentistry**, we specialize in:

- **Baby teeth care** and early dental development
- Teething, thumb sucking, and other oral habits
- **Preventing cavities** and promoting lifelong healthy habits
- Making visits **fun, positive**, and fear-free
- Creating a **safe, welcoming space** for kids of all ages

Pediatric dentistry is more than cleanings—it's about guiding children and families toward a lifetime of healthy smiles. **Together, we can build a strong foundation for a lifetime of healthy smiles!**



Our Mission:

We partner with families to provide compassionate, personalized dental care for children and patients with special healthcare needs. In a fun, supportive environment, we focus on education and prevention—empowering kids to take pride in their smiles and themselves.

What is Preventive Dentistry?

Preventive dentistry is all about **keeping teeth healthy before problems start**.

At **Columbus Pediatric Dentistry**, our focus is on protecting your child's smile through simple, effective steps that help avoid cavities, gum disease, and other dental issues as they grow.

Preventive dentistry includes:

- **Regular Checkups**
 - We recommend visits every 6 months to monitor growth, clean teeth, and catch small concerns early.
- **Professional Cleanings**
 - Gentle cleanings remove plaque and tartar that brushing alone can't get, helping to prevent cavities and gum irritation.
- **Fluoride Treatments**
 - Fluoride strengthens enamel and helps stop early decay before it becomes a cavity.
- **Dental Sealants**
 - Sealants are thin coatings placed on the chewing surfaces of back teeth to block out food and bacteria—an easy, painless way to protect against cavities.
- **Healthy Habits & Education**
 - Brushing and flossing techniques
 - Nutrition tips that protect teeth
 - Oral habits like thumb sucking or pacifier use



Preventive care is the key to a strong, healthy smile—now and for the future. We're here to make prevention simple, fun, and stress-free for your family!

