



BLACK HILLS

pediatric
DENTISTRY

Tooth Talk

Where Bright Smiles Begin

FALL HOURS

**8-5 MONDAY-THURSDAY
8-3 FRIDAYS**

**FALL
2012**

Doctors' Corner

Pediatric Dentists

Dr. Donhiser, DDS

Dr. Bradley, DDS

Dr. Jobman, DDS

Dr. Cooksley, DDS

**Dentistry for
Teenagers**

Dr. Godber, DDS

For Appointments please Call:
605.341-3068

Snacking 101

Children are vibrant and full of energy, which requires much needed nutrition for their growth and development. However, when it comes to snacks, some are healthy choices while others can be big cavity-causers! Here are a few tips for good snacks for your children!

DO give your children natural fruits and vegetables for snacks

DO encourage plenty of water between meals

DO encourage white milk (not chocolate or strawberry) at mealtime

DO provide well balanced meals with protein, fruits, and vegetables

What snacks should you stay away from? All snacks can be OK, but moderation is the key! The biggest cavity causers are the following:

Drinks: 100% fruit juice, Kool-Aid, Pop

The reason these drinks cause cavities at a higher rate, is due to their high sugar concentration. The best thing you can do is encourage water in between meals. However, if you choose to give your child juice or kool-aid, either do it at a mealtime (when there is more saliva to rinse the sugars away) or dilute it down with water.

Foods: Bad foods...foods to be avoided:

Fruit snacks/Fruit Roll ups, Chips, Cookies. The reason these foods cause cavities at a high rate, is due

to their ability to stick in the grooves of the back teeth. Many of these snacks can sit in the grooves for a long time and provide a perfect spot for cavities to start.

What are good alternatives?

Apples or applesauce

Celery with peanut butter

Yogurt

Pudding

The key is to pick age-appropriate snacks for your children that are healthy, easy to fix, and something they enjoy. Being a great role model (by eating healthy) will also be a great way to encourage healthy snacks!

Remember...your actions
speak much louder than
your words!



Pssss...Did you know Black Hills Pediatric Dentistry has a new partner...Dr. Kelli Jobman is not only one of our fabulous pediatric dentists...she is a now a PARTNER~ Congratulations Dr. Jobman!!

So.....

**what could possibly happen if I put my
baby to bed with a bottle???**

Nearly all tooth decay in children 1-3 years can be traced back to the habit of going to sleep with a bottle. We all know that it is very tempting to comfort our children with a bottle at nap or bed time. But as your dentist, I must tell you...

RESIST THE URGE!

Whether it is juice, milk, pop or sports drinks—regular or sugar-free all of them *will* cause tooth decay.



"Success is peace of mind in knowing you did your best." - John Wooden



BH Pediatric Dentistry
700 Sheridan Lake Road
Rapid City, SD 57702

Phone: 605.341.3068
Fax: 605.341.5757

E-mail: administrative@bhpediatricdentistry.com

**DID YOU KNOW...TEETH ARE THE
ONLY PART OF THE BODY THAT
CAN'T HEAL ITSELF!!**

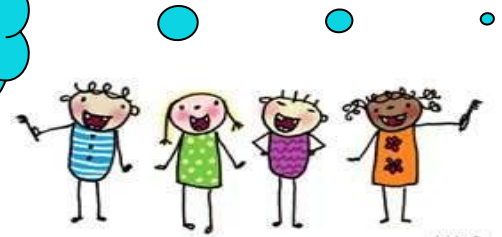
Where Bright Smiles Begin

WE ARE ON THE WEB!
www.bhpediatricdentist.com

RUSHMORE AMBULATORY surgery center

In 2006, Dr. Donhiser and Dr. Godber started the Rushmore Ambulatory Surgical Center (RASC) in Rapid City. OUR Doctors wanted to provide our patients and their parents with a safe and worry-free option if additional treatment was needed for the children. Our dental surgery center (located right across the street from BH Pediatric Dentistry) has allowed many children to be treated in a dentistry specific surgery center where children's oral health needs can be met in just one appointment. Since opening in 2006, RASC has treated over 6000 children while they slept.

THANK
YOU
DOCs!!



Teething Discomfort ...What is the best for my baby?

Teething and teething remedies. There are lots of 'old wives' tales about treating tooth pain. One is to put aspirin or Tylenol directly onto the sore spot. If you had a headache you wouldn't tape two aspirin to your forehead! Medicine applied directly to the sore spot on teeth or gums can be acidic and can burn the gums. The best teething remedy is to use one of those liquid-filled, soft teething rings that you can chill in the refrigerator and get cool for them to chew on. Second best is an oral pain remedy like Tylenol or Motrin. Third best is Orajel or the like that are over the counter, topical pain relievers, but these remedies do have a tendency to dry out the gums. You just don't want to use them too many times a day.



1



2



3

If you would like to be taken off our e-mail list please
e-mail us at: administrative@bhpediatricdentistry.com