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THE INSIDERS GUIDE FOR MODERN PARENTS *

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Health:

Pediatric Dentists: What They Do

By: **Lisa Bienstock, DDS**

Oral hygiene is a staple of one's overall health. It's important to establish good oral hygiene habits early in life. A child's dental needs differ from those of an adult. Pediatric dentists provide comprehensive oral health care that includes the following:

- Infant oral health exams, which include risk assessment for cavities.
- Preventive dental care including cleanings, nutrition, and diet recommendations.
- Habit counseling, for example, on pacifier use and thumb sucking.
- Repair of tooth cavities or defects.
- Diagnosis of oral conditions associated with diseases such as diabetes, congenital heart defect, asthma, hay fever, and attention deficit/ hyperactivity disorder.
- Management of gum diseases and conditions including ulcers, pathology, and pediatric periodontal disease.
- Care for dental injuries including fractured, displaced, or knocked-out teeth.
- Early assessment and treatment for straightening teeth, speech disturbances, and correction of an improper bite (orthodontics).

If you have any questions regarding your child's dental health, please contact Dr. Lisa Bienstock at

toothdoc20@yahoo.com.

Education:

Nurturing Confidence in your Toddler

By: **[seedlingsgroup](#)**

Self-confidence is an essential ingredient for all aspects of your child's healthy development and a key component for success in school.

How does self-confidence develop? In large part, a child's sense of confidence is shaped and nurtured (or not) by those who care for him. Babies learn that they are separate and unique individuals through their interactions and experiences with others.

Nurture self-confidence through everyday interactions? Establish routines with your child. When events are predictable and happen (as much as possible) in the same way, around the same time each day, your child will feel safe, secure, confident, and in control of his world.

Allow your child to play! Play is how children learn about themselves, other people, and the world around them. Play also helps your child learn how to problem solve, which also boosts confidence. Help your child learn to be a problem-solver. Don't rush to solve your child's problems every time. Be there to support his learning, if need be. Allow your child to feel successful on his own.

Give your child responsibilities. Your child benefits from feeling useful and needed. Jobs should be age-appropriate. Your child can help you sort laundry, feed pets, pick up toys.

Celebrate your child's successes. Praise the process, not the outcome.

Encourage your child to try to master tasks he is struggling with. Children learn by doing. Break down difficult tasks into manageable steps to help your child feel in control and confident.

Be a role model. If you model persistence and confidence, your child will learn to be persistent and confident from you!

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