

# KIDZ CARE DENTAL GROUP

Monthly Newsletter  
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## Have no Fear

*Tips to Reduce your Child's Anxiety about Going to the Dentist*

Is your child afraid of going to the dentist? Well, do not fear, Kidz Care Dental is here! A study conducted by the 2004 Pediatric Dental Journal showed that 20% of children in private pediatric dentistry practices experienced "dental fear." As a dental office, we try to alleviate those fears with different approaches but we cannot do it alone. As parents, you can help make their experience anxiety free. All they need is a little encouragement.

As a first time dental patient, we know it can be scary to a child to do something he or she is not familiar with. Sitting in a big chair with new tools, loud noises, and new faces can be rather intimidating. As a parent, you can highlight the positive aspects of going to the dentist. Here are some tips to boost your child's confidence and to reduce his or her anxiety:

**Avoid using words such as *pain, hurt, shot, needle, or blood* when coming in for treatment.** Let the dental team handle the vocabulary. In our office, we use simple words like "sugar bugs" to make the visit more child-friendly. If a child understands what is happening, he or she is more likely to be cooperative and leave the dental office happy. Basically, we speak in kid language.

Consider role play. Before the first appointment, show your child how simple a visit to the dentist can be. Then do a role reversal so that your child is checking for cavities and conducting the cleaning, showing how easy it is.

**Avoid bribery** because then kids assume a visit to the dentist is painful because their parents are forcing them to go. We want your children to **want** to come to the dentist!

At Kidz Care Dental Group, we offer pre-dental visit tours of the office so your child can familiarize himself or herself with our office and our staff. This lessens the element of surprise when they come for their first appointment.

Don't talk about your bad experiences with the dentist—this is the number one reason children are afraid of the dentist. Their parents have shared their horrible experiences and pass on their fears to their children. Talk to your child positively about going to the dentist. We accommodate to your child's needs but we need your help!

### Sources

"Easing Children's Fears of the Dentist." WebMD - Better information. Better health. Web. 23 Mar. 2013.

Port, Dina Roth. "8 Tips to Help Kids Overcome Fear of Dentists." Parents - Pregnancy, Babies, Baby Names, Pregnancy Calendar, Ovulation, Birth & More. Web. 23 Mar. 2013.

## PATIENT OF THE MONTH NATALIE MONROY



Dressed pretty in pink with a pearl necklace, Natalie Monroy came to her interview in our office full of energy with her princess purse on one arm and her toy rabbit, Twinkletoes Sparkle, in her other.

Five-year-old Natalie, born in La Jolla, lives with her parents, her brother, her sister, and her dog. She has been coming to Kidz Care Dental since 2008, when she was only one. She recently lost her bottom front tooth and told us, with exuberance and confidence that the tooth fairy was "probably coming tomorrow."

If given a million dollars, Natalie would buy a lion. But where would she keep this lion, you ask yourself? According to her, she would ask her dog, Ramses to share his doghouse with her million dollar lion.

Natalie's favorite thing at Kidz Care is the treasure box of toys. After her most recent appointment, she walked out cavity free and won two movie tickets for keeping her teeth so clean! Natalie's mom, Laura, told us, "she [Natalie] loves coming to the dentist here." Well, Natalie, we love when you come to us here too! She is such an enthusiastic patient, full of life and we look forward to seeing her again in six months. 😊



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# Fun Facts & Stats

## Elephants

An elephant has two upper molars and two lower molars.

Its molars are one foot across and weigh about 9 pounds.

Elephants don't chew their food, they grind it.

After about 10 years of grinding down at least a hundred pounds of vegetation daily, their teeth are worn down to the gum line and they fall out. New teeth then reappear.

An elephant may go through six sets of teeth in its lifetime! Imagine if we had six sets of teeth instead of just two!

The final set of elephant teeth are over 8 inches (21cm) long and weigh more than 8 pounds (4kg).

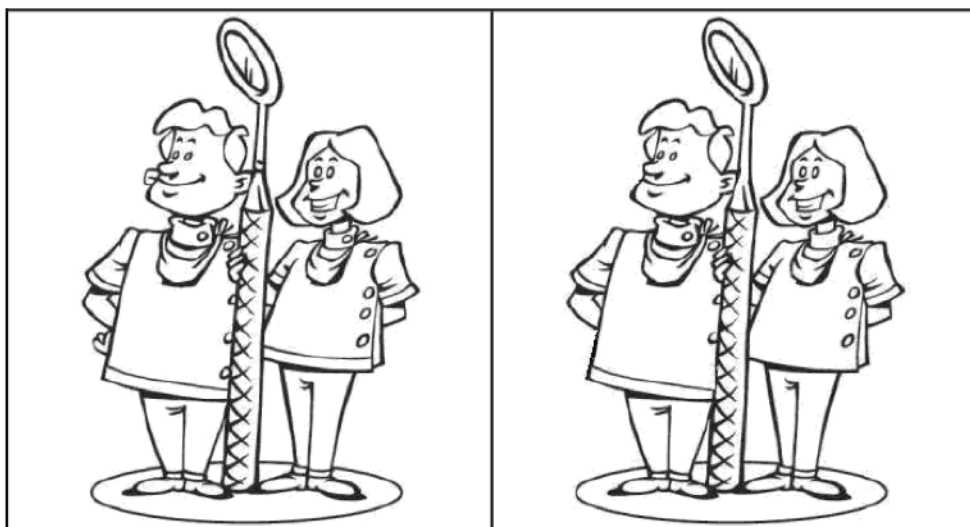
## CAVITY FREE CLUB WINNERS!

Every month, two of our patients win **TWO FREE MOVIE TICKETS** for keeping their mouths Cavity Free!

This month's winners are:

**Alexie Stout, 5 years old**

**Charlie Lewis, 6 years old**



**Spot the Differences:**

*How many differences can you find?*

## Patient Reviews

**Marissa R.** ★★★★★

"Kidz Care provided amazing service to me and my daughter. I am so glad I chose this office for my children's dental services. The receptionist was very helpful as well as the dental assistant and dentist. Dr. Paul explained everything in detail which was quite helpful as we plan ahead for dental services. I highly recommend this dental group!"

**Edwin B.** ★★★★★

"This was my child's first visit to the dentist and he was very scared. They were so patient and calm with him. Even though he cried through the visit, they got the whole check done. Thank you for being so patient and friendly!"

**Vincent M.** ★★★★★

"Very helpful and knowledgeable staff. We are very lucky to have worked with Dr. Paul and his team. The experience was beyond our expectations. Thank you!"

## MEET OUR TEAM

**DR. TAHIR PAUL**



Dr. Paul always dreamed of becoming a pilot; however, when he learned that he was unable to follow his dreams, he chose to become a dentist. What inspired him to choose the path of dentistry? He felt that being a dentist was an art in itself and he saw it as a challenge.

Dr. Tahir Paul has been practicing dentistry for over twenty years. He received his Masters in children's dentistry from the University of

London in 1988 and among other awards, was awarded a fellowship by the American Society of Dentistry for Children for his achievement and ability to serve the needs of children.

Dr. Paul opened the practice in San Diego in 2008 and loves being a part of the Kidz Care Dental Group family. He believes that hard work pays off and runs the practice like a family business. He is concurrently a staff member of Rady Children's Hospital of San Diego, where he performs surgeries for his patients.

Having traveled to **five** out of seven continents, Dr. Paul loves to travel, play golf, spend time with his wife and three kids, and most of all, he loves spending time at Kidz Care Dental Group. He says, "the practice is my baby and I love seeing patients and their parents leave satisfied with their dental experience."