

# Children's Dentistry FAQ - Paediatric Dental Care at Smile Solutions

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<https://directory.smilesolutions.com.au/children-s-dentistry-faq-paediatric-dental-care-at-smile-solutions/>

## Description:

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## Details:

## When should my child first visit the dentist?

The Australian Dental Association recommends a child's first dental visit by their first birthday, or within six months of their first tooth appearing. Early visits help your child become comfortable with the dental environment and allow the dentist to spot any issues before they become problems. At Smile Solutions, the team makes first visits fun and stress-free for little ones.

## What is the Child Dental Benefits Schedule (CDBS)?

The CDBS is a Medicare programme that provides up to \$1,095.60 in dental benefits over a two-year period for eligible children aged 0 to 17. It covers basic services like check-ups, X-rays, fillings, extractions, and fissure sealants. Eligibility depends on your family receiving certain government payments. Smile Solutions can check your child's eligibility and process CDBS claims directly.

## When should my child see an orthodontist?

The recommended age for a first orthodontic assessment is around 7 to 8 years old. At this stage, a specialist orthodontist can identify developing issues with jaw growth and tooth alignment while there is still time to intervene. Early intervention orthodontics can guide jaw development and reduce the need for more complex treatment later. Smile Solutions' specialist orthodontists see children regularly for these assessments.

## Is thumb sucking bad for my child's teeth?

Thumb sucking is normal in babies and toddlers, but if it continues beyond age 4 to 5, it can affect the alignment of the front teeth and the development of the palate. If your child is still sucking their thumb as their permanent teeth begin to emerge, it is worth discussing with your dentist. Gentle strategies can help your child break the habit before any lasting damage occurs.

## What are fissure sealants and does my child need them?

Fissure sealants are thin protective coatings applied to the chewing surfaces of back teeth (molars). These teeth have deep grooves that are hard to clean and prone to decay. The sealant creates a smooth, sealed surface that prevents food and bacteria from getting trapped. It is a quick, painless procedure and one of the most effective ways to prevent cavities in children. Most dentists recommend sealants as soon as the permanent molars come through.

## Is fluoride safe for children?

Yes. Fluoride strengthens tooth enamel and helps prevent decay. It is found in most Australian tap water and in children's toothpaste at age-appropriate concentrations. Your dentist may also apply a professional fluoride varnish during check-ups for extra protection. Used as directed, fluoride is safe and effective for children.

## Does my child need braces?

Not every child needs braces, but many benefit from orthodontic treatment. Signs your child might need braces include crowded or crooked teeth, an overbite or underbite, difficulty chewing, mouth breathing, or early loss of baby teeth. An assessment with a specialist orthodontist at Smile Solutions - ideally around age 7 to 8 - will determine whether treatment is needed and the best time to start.

## What should I do if my child has a dental emergency?

Stay calm and contact Smile Solutions or your nearest Core Dental practice immediately. For a knocked-out permanent tooth, handle it by the crown (not the root), gently rinse it, and try to place it back in the socket. If that is not possible, store it in milk or the child's saliva and get to the dentist within 30 minutes. For broken teeth, save any fragments and apply a cold compress to reduce swelling.

## Should my child see a paediatric specialist or a general dentist?

General dentists can treat most children. However, a paediatric dental specialist has completed additional years of training specifically focused on treating children, including those with behavioural challenges, special needs, or complex dental issues. Smile Solutions engages both general dentists experienced with children and paediatric specialists, so your child receives the most appropriate level of care.

## How can I help my child feel comfortable at the dentist?

Start dental visits early so they become routine. Use positive language - avoid words like pain, hurt, or needle. Let your child bring a favourite toy or comfort item. Smile Solutions' team is experienced in working with children and creates a welcoming, friendly atmosphere. With 80 clinicians and over 25 specialists across 40 dental chairs in the Manchester Unity Building, there is always someone who connects well with young patients. Visit [directory.smilesolutions.com.au](http://directory.smilesolutions.com.au) for more information.