In The Super Dentists’ first piece last month, we covered the topic of choosing a pediatric dentist over a general dentist for your child’s dental needs. This article details the characteristics of a pediatric dentist you should consider when making your choice.


Dr. Kami Hoss, co-owner of The Super Dentists with his wife Dr. Keri, has built a practice that follows these principles and then some. The office goes above and beyond to welcome children and their families, making them feel like part of their own family.

So what should you, the parent, be looking for when choosing your child’s dentist? Here are four factors to take into consideration:

1: Experience: It is crucial for dentists to establish a friendly relationship with children to combat fears and to deliver effective treatment. “We don’t just pop up a couple of video games and hope the kids have a good experience,” Dr. Koss said. The Super Dentists feature kid-friendly educational movies and work hard to build relationships with their patients both in and out of the dentist’s chair.

2: Expertise: Pediatric practitioners are solely focused on kids, including preventive dental health. They also have the latest information on preventive treatments and are able to position a child for a lifetime of healthy dental habits. “(Pediatric dentists) are not only very good at everything related to the technical dental needs of the child, but they are also great at understanding child behavior and working with children who have special needs,” Dr. Hoss said. Another key factor that falls into expertise is the type of equipment pediatric dentists use including tools like the wand, oral scanners and lasers.

3 Convenience & Accessibility: The Super Dentists offer pediatric dentistry, orthodontic care, teeth whitening, Invisalign, Invisalign Teen, invisible braces and the latest accelerated braces technologies to their patients. Located across Oceanside, Chula Vista, East Lake and San Diego, they do so inside office environments fit for kids of any age. “We accept all insurance types and offer financial aid to patients who do not have it,” Dr. Hoss said. “This helps us never turn away a difficult dental case or a child with special needs.”

4 Community: Look for a pediatric dentist who is active in the community. Many offer free kids dental days, smile contents and local events to engage and encourage families to practice proper dental health. Candy buy-back days and food drives for local shelters are a couple of other ways that many pediatric dentists make a difference in their own backyards. Once you find a pediatric dentist who is right for you and your family, there are many key milestones in a child’s life to follow. Your new dentist will play a key role in educating you on specific care tips and potential issues, helping you maintain your child’s oral health for years to come.

Here are three monumental ages in a child’s life when it comes to seeking appropriate dental checkups and care:

Age 1 – The American Academy of Pediatric Dentistry recommends children make their first visit to the dentist at age 1 to establish a foundation for their dental care.

“We can work with parents to educate them on some basic tooth care principles,” said Dr. Hoss. These can include the proper use of fluoride, management of oral habits such as finger and thumb sucking, teething, connection between diet and overall health, how to care for an infant’s or toddler’s dental health.

Age 4 – This is a critical age for children to correct bad oral habits such as sucking or chewing on fingers and thumbs. Dentists can reinforce strategies to help a child overcome these habits quickly and effectively. “A checkup at four years old enables parents to find out if their children are getting enough fluoride, which develops healthy teeth and prevents early tooth decay,” Dr. Hoss said. “With proper amount of fluoride, children can reverse low levels of tooth decay and keep new cavities from forming.”

Age 7 – “This is a great time to introduce orthodontics, which play crucial role in child’s oral health,” Dr. Hoss said. By seeing orthodontist at age seven, children may be able to reduce the risk of tooth trauma as well as the need to extract permanent teeth in the future. A child’s first molars erupt by age seven, resulting in a back bite. “Getting them in for a visit now allows orthodontists to properly evaluate the front-to-back and side-to-side relationship between a child’s teeth and detect future dental problems.”

Visit www.thesuperdentists.com to find a location near you.

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North County Location: (760) DENTIST
South County Locations: (619) DENTIST

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