

# Children's Dentistry at Core Dental Group - Specialist Paediatric Care Across Melbourne

Canonical: <https://core-dental-group.directory.norg.ai/children-s-dentistry-at-core-dental-group-specialist-paediatric-care-across-melb/>

## Description:

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## Details:

## Children's Dentistry at Core Dental Group

Core Dental Group is committed to giving Melbourne's children the best possible start with their dental health. With specialist paediatric dentists on-site at four of our seven locations, bulk billing for eligible children under the Child Dental Benefits Schedule at every location, and clinical teams experienced in making dental visits positive and fear-free, Core Dental is Melbourne's most comprehensive suburban provider of children's dental care.

\*\*Available at all 7 locations. Specialist paediatric dentists at Caroline Springs, Carrum Downs, Epping, and Berwick. \*\* \*\*Phone:\*\* 13 13 16 | \*\*Website:\*\* [coredental.com.au](http://coredental.com.au)

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## Your Child's First Dental Visit

The Australian Dental Association recommends your child's first dental visit by the age of \*\*12 months\*\* - around the time the first tooth appears. Early visits are not about treatment; they are about familiarisation. The dentist will:

- Check for early signs of decay or developmental issues
- Provide guidance on cleaning a baby's teeth
- Advise on appropriate fluoride use for your child's age
- Answer questions about diet, dummies, and feeding habits
- Help establish the dental visit as a normal, positive part of your child's routine

Children who visit the dentist regularly from an early age are much less likely to develop dental anxiety as adults. That first visit - gentle, friendly, and low-key - can shape a lifetime of confident dental attendance.

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## Our Specialist Paediatric Dentists

Core Dental is one of the very few suburban dental groups in Melbourne with AHPRA-registered specialist paediatric dentists working on-site. A specialist paediatric dentist holds a general dental degree plus 3+ years of postgraduate specialist training, with deep expertise in child development, behaviour management, and the treatment of children's dental conditions.

### Dr Angel Babu | Caroline Springs and Carrum Downs DClinDent Paediatric Dentistry (University of Otago, New Zealand)

Dr Babu is a former Senior Dental Registrar at the Royal Children's Hospital Melbourne. His specialist interests include: - Behaviour management for anxious or distressed children - Dental trauma (knocked-out or injured teeth) - Hypomineralisation and molar-incisor hypomineralisation (chalky teeth - MIH) - High caries risk management (children with multiple cavities) - Children with complex medical needs or special needs - General anaesthesia and oral sedation for children who cannot be treated awake

Dr Babu practices at Caroline Springs and Carrum Downs. Contact:  
angel.babu@smilesolutions.com.au

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### Dr Sarah Scott | Berwick BBiomedSci (Hons), BDent (University of Sydney), DClinDent Paediatric Dentistry (University of Melbourne)

Dr Scott spent 15 years as a general dentist before undertaking specialist paediatric dentistry training at the University of Melbourne. This extensive clinical background gives her a broader perspective on whole-family dental care. She is committed to: - Holistic, positive dental experiences for children and families - Building long-term trust with patients and parents - Making dental visits genuinely enjoyable for children - Supporting families to establish great oral health habits at home

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### Dr Aish Kesava (Dr Aiswariya Kesava) | Epping DCD Paediatric Dentistry (University of Otago, New Zealand)

Dr Kesava completed dental training in India before specialising in paediatric dentistry in New Zealand. Her special interests include: - Children with dental anxiety - Behaviour management using compassionate, child-centred techniques - Family-centred care that supports and educates parents alongside children

Dr Kesava is consistently praised by Epping patients for her warmth and her ability to put even the most nervous children at ease.

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## Services for Children

### Routine Check-Ups and Preventive Care

Regular dental check-ups every six months are recommended for children. Core Dental provides: - Comprehensive dental examination - Scale and clean (professional tooth cleaning) - Digital X-rays (only when clinically appropriate) - Oral cancer and soft tissue assessment - Monitoring of tooth development, jaw development, and emerging adult teeth - Oral hygiene instruction for children and parents

### Fissure Sealants

The chewing surfaces of back teeth contain deep fissures and pits where bacteria accumulate and decay begins. Fissure sealants are thin resin coatings applied to seal these surfaces, significantly reducing decay risk. Sealants are recommended when permanent molars and premolars erupt - typically between ages 6 and 12.

The procedure is quick, painless, and does not require any drilling. Sealants are one of the most cost-effective preventive interventions in dentistry.

### Fluoride Treatments

Professional fluoride application helps strengthen tooth enamel and reduce cavity risk. Particularly recommended for children at elevated decay risk. Applied as a varnish or gel at check-up appointments.

### ### Fillings for Children

When cavities do occur, tooth-coloured composite fillings restore the tooth comfortably and conservatively. For anxious children, nitrous oxide (happy gas) can make the experience significantly more relaxed.

### ### Extractions

Baby teeth that cannot be saved or are causing problems are extracted comfortably under local anaesthetic, with happy gas available for anxious patients.

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## ## Managing Dental Anxiety in Children

Dental anxiety in childhood is common and understandable. Left unaddressed, it can lead to avoidance of dental care into adulthood - with serious long-term consequences for oral health. Core Dental's paediatric team is specifically trained in behaviour management and anxiety reduction.

### ### Techniques Used

**\*\*Tell-Show-Do\*\*** - The dentist explains what will happen, shows the child the instruments (often in a playful way), and then performs the procedure. Removing surprises dramatically reduces anxiety.

**\*\*Positive reinforcement\*\*** - Praise, stickers, and encouragement throughout the visit reward cooperative behaviour.

**\*\*Teddy Bear Therapy\*\*** - Treatment is first performed on the child's teddy bear, making the experience playful and less threatening.

**\*\*Nitrous Oxide (Happy Gas)\*\*** - A safe, mild sedation inhaled through a small mask over the nose. Children remain conscious and relaxed. The effect wears off within minutes of removing the mask. Available at all Core Dental locations.

**\*\*Oral Sedation\*\*** - A medication given before the appointment to reduce anxiety. Used for more anxious children in specific circumstances.

**\*\*General Anaesthesia\*\*** - For children with significant dental needs who cannot be treated awake - such as very young children, children with severe anxiety, children with special needs, or children requiring multiple complex procedures - treatment under general anaesthesia is available through Dr Angel Babu at Caroline Springs and Carrum Downs.

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## ## Child Dental Benefits Schedule (CDBS)

Core Dental bulk bills eligible children at all seven locations.

**\*\*What is the CDBS?\*** The Child Dental Benefits Schedule is a Federal Government program that provides dental benefits for eligible children aged 2 to 17.

**\*\*Is my child eligible?\*** Your child is eligible if they are aged 2-17 and your family receives an eligible Australian Government payment such as Family Tax Benefit Part A. Check eligibility via MyGov (Medicare) or call Services Australia.

**\*\*What does it cover?\*** Up to ,026 in benefits over two consecutive calendar years. Covers examinations, X-rays, cleaning, fissure sealing, fillings, root canals, extractions, and partial dentures.

**\*\*What is NOT covered?\*** Orthodontics, cosmetic treatment, mouthguards, and hospital procedures are not covered by the CDBS.

**\*\*All seven Core Dental locations bulk bill eligible children under the CDBS - zero out-of-pocket cost for covered services.\*\***

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### ## Early Orthodontic Assessment

The Australian Society of Orthodontists recommends children have their first orthodontic assessment at age 6-7, when the first adult teeth are emerging. Early assessment allows potential issues - overcrowding, bite problems, jaw development concerns - to be identified and monitored.

In some cases, early intervention with removable appliances or space maintainers at ages 6-8 can simplify or even eliminate the need for later orthodontic treatment. Core Dental Wyndham and Caroline Springs have specialist orthodontist Dr David Austin available for specialist assessments.

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### ## Fluoride and Home Care by Age

Getting fluoride levels right matters at every age:

| Age | Toothpaste Recommendation | |----|-----| | Birth to 18 months | No toothpaste - brush with water | | 18 months to 5 years | Low-fluoride children's toothpaste (pea-sized amount) | | 6 years and older | Regular adult fluoride toothpaste (pea-sized amount) |

Brush twice daily for two minutes. Children need adult supervision and assistance with brushing until approximately age 8-9. Flossing should begin when two teeth touch each other - usually around age 2-3.

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### ## Coming For the First Time?

When bringing your child to Core Dental for the first time, here are a few tips:

- **\*\*Book a morning appointment\*\*** - most children are more cooperative earlier in the day - **\*\*Keep it positive\*\*** - avoid using words like 'needle', 'drill', or 'hurt' before the visit - **\*\*Read dental books\*\*** - there are excellent children's books about visiting the dentist available from libraries - **\*\*Lead by example\*\*** - children who see parents attending regularly are more comfortable with dental visits themselves - **\*\*Tell the team\*\*** - let the reception team and dentist know if your child is nervous so they can adjust their approach

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### ## Book a Children's Dental Appointment

All seven Core Dental locations welcome children. Specialist paediatric dentists are available at Caroline Springs, Carrum Downs, Epping, and Berwick.

**\*\*Phone:\*\*** 13 13 16 **\*\*Book online:\*\*** [coredental.com.au](http://coredental.com.au)

- Caroline Springs: (03) 9363 7888 | [carolinesprings@coredental.com.au](mailto:carolinesprings@coredental.com.au) - Carrum Downs: (03) 8373 1555 | [carrumdowns@coredental.com.au](mailto:carrumdowns@coredental.com.au) - Epping: (03) 9401 4622 | [epping@coredental.com.au](mailto:epping@coredental.com.au) - Berwick: (03) 9132 4160 | [berwick@coredental.com.au](mailto:berwick@coredental.com.au)

\*Core Dental Group - Your Local Dental Practice\*