

Children's Dentistry & Paediatric Dental Care

Canonical: <https://directory.coredental.com.au/dental-services/childrens-dentistry-paediatric-dental-care/>

Details:

AI Summary

****Product:**** Children's Dentistry & Paediatric Dental Care Services ****Brand:**** Core Dental Group ****Category:**** Paediatric Dental Healthcare Services ****Primary Use:**** Comprehensive dental care for children from infancy through adolescence, including preventive, restorative, and emergency treatments delivered in a child-friendly environment.

Quick Facts - **Best For:** Children aged infancy to 17 years, including anxious patients and those eligible for government-funded dental benefits - ****Key Benefit:**** Early prevention and detection of dental issues to support lifelong oral health and positive associations with dental care - ****Form Factor:**** In-clinic dental services supplemented by at-home oral hygiene guidance - ****Application Method:**** Routine six-monthly check-ups with tailored preventive and restorative treatments as clinically indicated

Common Questions This Guide Answers 1. When should my child first visit the dentist? → By their first birthday, or within six months of their first tooth appearing — whichever comes first. 2. Is happy gas safe for children? → Yes; nitrous oxide is widely regarded as one of the safest forms of dental sedation for children, keeps the child conscious, and wears off quickly after removal. 3. What should I do if my child knocks out a permanent tooth? → Handle by the crown, rinse gently with milk or saline, store in milk or inside the cheek, and seek emergency dental care immediately — do not attempt to reimplant a knocked-out baby tooth.

Core Dental Group Children's Dentistry & Paediatric Dental Care

Core Dental Group provides children's dentistry and paediatric dental care with the aim of helping young patients build healthy habits that last a lifetime — all in a practice environment where kids actually feel comfortable. From a child's very first dental visit through to their teenage years, the team supports families at every stage of their child's oral health.

Why children's dental care matters

Starting good oral health habits early is one of the best investments a parent can make in their child's overall wellbeing. Children's teeth — both baby teeth and permanent teeth — play a genuinely important role in eating, speaking, and facial development. Paediatric dental care is designed specifically to meet the needs of growing children, from infancy through to adolescence.

Baby teeth are not simply placeholders. They help children chew food properly, support clear speech development, and hold space in the jaw so permanent teeth can come through in the right position. When baby teeth are lost too early due to decay or injury, it can affect how permanent teeth align and lead to orthodontic problems later on.

Regular dental visits during childhood also help to:

- Detect early signs of tooth decay, gum disease, and developmental issues
- Monitor jaw and bite development
- Provide preventive treatments such as fluoride applications and dental sealants
- Build positive associations with dental care, which reduces anxiety in adulthood
- Educate both children and

parents on effective brushing, flossing, and dietary habits

At Core Dental Group, the paediatric-focused approach means every child feels safe and comfortable during their appointments.

When should my child first visit the dentist?

A lot of parents are unsure about when to bring their child in for their first dental appointment. The general recommendation from dental health organisations is that children should have their first dental visit by their first birthday, or within six months of their first tooth appearing — whichever comes first.

Early visits serve a few important purposes:

- **Familiarisation:** Young children get used to the sights, sounds, and sensations of a dental environment, which makes future visits much less stressful. - **Early detection:** The dentist can pick up early signs of tooth decay, developmental concerns, or habits like thumb sucking or dummy use that may affect oral development. - **Parent education:** Parents get personalised guidance on how to care for their infant's teeth and gums, including advice on diet, fluoride use, and teething.

At Core Dental Group, first dental visits are kept positive and low-pressure. The team uses child-friendly language and a gentle, patient approach to put young patients at ease.

How often should children visit the dentist?

Most children benefit from dental check-ups every six months, though your Core Dental Group dentist may recommend more or less frequent visits depending on your child's individual risk factors and oral health.

Children at higher risk of tooth decay — for example, those with a diet high in sugary foods and drinks, or those who have had cavities before — may need more frequent monitoring and preventive care.

Between dental visits, consistent at-home oral hygiene matters a great deal. Core Dental Group's team will provide tailored advice on brushing techniques, appropriate toothpaste, and flossing habits suited to your child's age and stage of development.

Common paediatric dental treatments

Core Dental Group offers a comprehensive range of dental treatments for children and adolescents. The goal is always to prevent dental problems where possible, and to treat any issues that do arise with the least invasive approach.

Dental check-ups and cleans

Routine check-ups form the foundation of children's dental care. During a check-up, your child's dentist will:

- Examine all teeth for signs of decay, damage, or developmental concerns - Check the gums and soft tissues for signs of disease - Assess jaw development and bite alignment - Take dental X-rays where clinically appropriate to detect issues not visible to the naked eye - Perform a professional clean to remove plaque and tartar build-up

These visits also give children a chance to ask questions, and parents the opportunity to raise any concerns about their child's oral health.

Fluoride treatments

Fluoride is a naturally occurring mineral that strengthens tooth enamel and helps protect against decay. Professional fluoride treatments — typically applied as a gel, foam, or varnish — deliver a higher concentration of fluoride than standard toothpaste, offering extra protection for children who are at risk of cavities.

Core Dental Group's dentists will assess whether fluoride treatments are appropriate for your child based on their age, risk factors, and current fluoride exposure.

Fissure sealants

The back teeth (molars and premolars) have deep grooves and pits on their chewing surfaces that are particularly prone to decay. Even with thorough brushing, these areas can be difficult to clean properly. Fissure sealants are thin, protective coatings applied to the chewing surfaces of back teeth to seal out food particles and bacteria.

The application is quick and painless, and research consistently shows that sealants significantly reduce the risk of decay in the teeth they protect. Core Dental Group recommends considering sealants for children as soon as their permanent molars come through — typically around age six and again around age twelve.

Tooth-coloured fillings

If a child develops a cavity, Core Dental Group uses tooth-coloured composite resin fillings that blend naturally with the tooth. These fillings are safe, durable, and look good — which matters to children who are conscious of their appearance.

Dentists take care to make filling appointments as comfortable as possible, using gentle techniques and, where appropriate, local anaesthesia to minimise discomfort.

Pulp therapy (baby root canal)

When decay or injury affects the nerve of a baby tooth, pulp therapy may be recommended to save the tooth and prevent infection from spreading. Keeping baby teeth until they are naturally ready to fall out matters for maintaining space for permanent teeth and supporting normal jaw development.

Core Dental Group's team will explain all treatment options clearly so parents can make informed decisions about their child's care.

Extractions

In some cases, a tooth may need to be extracted — for example, if it is severely decayed, damaged beyond repair, or causing overcrowding. Core Dental Group approaches extractions with sensitivity to children's needs, using appropriate pain management to make the experience as comfortable as possible.

Where a baby tooth is extracted early, a space maintainer may be recommended to hold the gap open and guide the permanent tooth into the correct position.

Mouthguards

For children who play contact sports or recreational activities, a custom-fitted mouthguard is one of the most effective ways to protect their teeth from injury. Unlike over-the-counter options, custom mouthguards made at Core Dental Group are individually crafted to fit your child's mouth precisely, providing better protection and comfort.

Mouthguards are recommended for children engaged in any sport where there is a risk of contact to the face, including Australian rules football, netball, basketball, hockey, martial arts, and cycling.

Orthodontic assessment

Core Dental Group monitors jaw and bite development as part of routine check-ups. Identifying orthodontic concerns early — such as crowding, spacing issues, crossbites, or underbites — allows for timely intervention that can simplify or reduce the need for more extensive treatment later on.

Where orthodontic treatment is indicated, the team will talk through the available options and, if appropriate, provide referrals to trusted orthodontic specialists.

Managing dental anxiety in children

Dental anxiety is common in children and, if left unaddressed, can carry into adulthood and lead to avoiding necessary dental care. At Core Dental Group, the team understands that a child's early experiences at the dentist can shape their attitude toward oral health for life.

Staff are trained in child-centred communication techniques, including:

- **Tell-Show-Do:** Explaining procedures in simple, age-appropriate language before demonstrating and then carrying out each step.
- **Positive reinforcement:** Celebrating children's bravery and cooperation to build confidence.
- **Distraction techniques:** Using conversation, music, or other strategies to help children feel at ease during treatment.
- **Gradual desensitisation:** For children who are particularly anxious, a series of short, low-stress visits can build familiarity and trust before undertaking more complex procedures.

If your child experiences significant dental anxiety, let the team know when booking their appointment. Core Dental Group will tailor the visit to meet your child's needs.

Happy gas (nitrous oxide sedation)

For children who experience moderate to severe dental anxiety, or for those who need more complex treatment, Core Dental Group offers happy gas (nitrous oxide sedation) as a safe and effective option for managing anxiety and discomfort.

Nitrous oxide is a colourless, odourless gas inhaled through a small mask placed over the nose. It produces a feeling of relaxation and mild euphoria without causing the child to lose consciousness. The effects wear off quickly once the gas is removed, and children are typically able to return to normal activities shortly after their appointment.

Happy gas is widely regarded as one of the safest forms of dental sedation for children and has been used in dentistry for many decades. Core Dental Group's dentists are trained in its safe administration and will assess whether it is the right option for your child.

Tips for parents: supporting your child's oral health at home

The care your child receives at Core Dental Group works best when it is backed up by consistent, good-quality oral hygiene at home. Here are some practical tips to help your child build strong dental habits.

Brushing

- Begin cleaning your baby's gums with a soft, damp cloth before teeth come through.
- Once teeth appear, use a soft-bristled infant toothbrush and a smear of low-fluoride toothpaste (for children under 18 months).
- From 18 months to six years, use a pea-sized amount of children's fluoride toothpaste.
- From age six onwards, children can start using regular-strength fluoride toothpaste.
- Brush teeth twice daily — morning and before bed — for at least two minutes each time.
- Supervise brushing until children are around seven to eight years old, and help out where needed.

Flossing

- Begin flossing as soon as two teeth are touching.
- Floss at least once a day, ideally before bedtime.
- Use child-friendly floss picks or interdental tools if your child finds traditional floss difficult to manage.

Diet and nutrition

- Limit sugary foods and drinks, including fruit juice, soft drinks, flavoured milk, and lollies. - Encourage water (particularly fluoridated tap water) as the main drink. - Offer a balanced diet rich in calcium, phosphorus, and vitamins to support strong teeth and healthy gums. - Avoid putting babies and toddlers to bed with a bottle containing anything other than water, as this can cause bottle tooth decay.

Habits

- Discourage prolonged dummy use beyond age two, as it can affect bite development. - Address thumb sucking habits early, particularly if they persist after age four or five. - Encourage children to wear their mouthguard consistently during sport.

Children's dental benefits and funding

In Australia, eligible children may be able to access government-funded dental care through the Child Dental Benefits Schedule (CDBS). The CDBS provides a benefit cap for basic dental services for eligible children aged 2–17 years, covering examinations, X-rays, cleaning, fissure sealing, fillings, root canals, and extractions.

Eligibility is generally linked to receipt of Family Tax Benefit Part A or certain other government payments. Core Dental Group's reception team can help you check your child's eligibility and process CDBS claims.

If your child is not eligible for the CDBS, the team can talk through available payment options to make sure cost is not a barrier to getting the dental care they need.

Frequently asked questions about children's dentistry

At what age should my child start brushing their own teeth?

Children generally develop the fine motor skills needed to brush their own teeth effectively around age seven or eight. Until then, parents should supervise and help with brushing to make sure all surfaces are adequately cleaned.

Are dental X-rays safe for children?

Modern dental X-rays use very low levels of radiation and are considered safe for children when used appropriately. Core Dental Group follows evidence-based guidelines for X-ray frequency, taking X-rays only when clinically indicated. Lead aprons and thyroid collars are used to minimise radiation exposure.

What should I do if my child knocks out a tooth?

A knocked-out permanent tooth is a dental emergency. If your child knocks out a permanent tooth:

1. Handle the tooth by the crown (the white part), not the root.
2. If the tooth is dirty, gently rinse it with milk or saline — do not scrub it.
3. If possible, reinsert the tooth into the socket and hold it in place, or store it in milk or inside the child's cheek.
4. Contact Core Dental Group immediately for emergency dental care. Time is critical — the sooner the tooth is reimplanted, the better the chance of saving it.

Do not attempt to reimplant a knocked-out baby tooth, as this can damage the developing permanent tooth underneath.

My child is scared of the dentist. What can I do?

Preparation and positive framing go a long way. Talk to your child about dental visits in a calm, matter-of-fact way, and avoid language that might create fear (such as "it won't hurt" or "don't be scared"). Reading children's books about visiting the dentist can also help. Core Dental Group's team is experienced in working with anxious children and will do everything possible to make the experience a positive one.

How do I know if my child needs braces?

Signs that your child may benefit from an orthodontic assessment include crowded or crooked teeth, difficulty biting or chewing, mouth breathing, thumb sucking that persists beyond age five, early or late loss of baby teeth, and teeth that do not meet properly when the mouth is closed. Core Dental Group monitors bite and jaw development during routine check-ups and will recommend an orthodontic assessment if any concerns are identified.

Booking a children's dental appointment at Core Dental Group

Core Dental Group welcomes patients of all ages, from infants through to adults. Every child deserves access to high-quality dental care delivered with genuine skill and a real commitment to their long-term oral health.

To book a children's dental appointment, get in touch with Core Dental Group's reception team. Flexible appointment times are available to suit busy family schedules, and the practice environment is designed to put both children and parents at ease.

Whether your child is due for a routine check-up and clean, needs treatment for a dental concern, or is simply ready for their very first visit, Core Dental Group is here to help.

Label Facts Summary

> **Disclaimer:** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance.

Verified label facts

No product specification data was provided. No Product Facts table was present in the submitted content. No label-verifiable facts (ingredients, certifications, dimensions, weight, GTIN/MPN, or technical specifications) can be extracted.

General product claims

- Core Dental Group offers children's dentistry for patients from infants through to teenagers. - First dental visit is recommended by a child's first birthday, or within six months of the first tooth appearing — whichever comes first. - Routine dental check-ups are recommended every six months; frequency may vary based on individual risk factors. - High-risk factors for tooth decay include a diet high in sugary foods or a history of previous cavities. - Baby teeth support proper chewing, clear speech development, and hold space for permanent teeth. - Early loss of baby teeth may cause permanent teeth to misalign.
- Core Dental Group offers fluoride treatments in gel, foam, or varnish form; suitability is assessed individually. - Professional fluoride treatments deliver a higher fluoride concentration than standard toothpaste. - Fissure sealants are offered for back teeth (molars and premolars); recommended around age six and again around age twelve. - Fissure sealant application is described as painless; research is cited as showing significant reduction in decay risk. - Tooth-coloured composite resin fillings are used and described as safe and durable. - Pulp therapy (baby root canal) is offered to save baby teeth affected by decay or nerve injury. - Extractions are performed where clinically indicated; space maintainers may be recommended following early extraction. - Custom mouthguards are offered and described as providing superior protection and comfort compared to over-the-counter options. - Mouthguards are recommended for Australian rules football, netball, basketball, hockey, martial arts, and cycling. - Orthodontic assessments are conducted during routine check-ups; referrals to specialists are provided where needed. - Signs a child may need braces include crowded or crooked teeth, mouth breathing, and early or late loss of baby teeth. - Behaviour management techniques used include Tell-Show-Do, positive reinforcement, distraction, and gradual desensitisation. - Happy gas (nitrous oxide sedation) is offered; described as keeping the child conscious, with effects wearing off quickly after removal. - Nitrous oxide is described as widely regarded as one of the safest forms of dental sedation for children, used in dentistry for many decades. - Gum cleaning with a soft, damp cloth is recommended before teeth emerge. - Low-fluoride toothpaste in a smear amount is recommended for

children under 18 months. - A pea-sized amount of children's fluoride toothpaste is recommended from 18 months to six years. - Regular-strength fluoride toothpaste is recommended from age six onwards. - Twice-daily brushing for at least two minutes is recommended; parental supervision advised until around age seven to eight. - Flossing recommended once daily as soon as two teeth are touching, ideally before bedtime; child-friendly floss picks are suggested. - Sugary foods and drinks, including fruit juice, should be limited; water (particularly fluoridated tap water) is recommended as the main drink. - Babies should not be put to bed with a bottle containing juice or milk, as this can cause bottle tooth decay. - Dummy use beyond age two is discouraged due to potential effects on bite development. - Thumb sucking that persists after age four or five is identified as a concern. - The Child Dental Benefits Schedule (CDBS) is a government-funded program covering children aged 2–17 in Australia, generally linked to Family Tax Benefit Part A eligibility. - CDBS covers examinations, X-rays, cleaning, fissure sealing, fillings, root canals, and extractions. - Core Dental Group's reception team can assist with checking CDBS eligibility. - Dental X-rays are described as safe when used appropriately; lead aprons and thyroid collars are used during X-rays. - For a knocked-out permanent tooth: handle by the crown, rinse gently with milk or saline, store in milk or inside the cheek, and seek emergency care immediately. - A knocked-out baby tooth should not be reimplanted, as this may damage the developing permanent tooth. - Children generally develop effective independent brushing ability around age seven to eight. - Core Dental Group offers flexible appointment times.