

Dentist visits without tears and terror By Rachael Moshman

Visiting the dentist is a scary experience for many children. The dentist is a virtual stranger, even after several visits. Plus, the dentist and hygienists wear masks that cover their faces for most of the visit, making them appear even less friendly. It can be a very over stimulating experience with the bright lights, loud buzzing and smell of chemicals. Plus, the expectation of holding still for an extended length of time is frustrating for many children. Fortunately, there are some ways to make the visit a bit less frightening and easier to handle.

Find a pediatric dentist – Pediatric dentists have specialized training in treating children. Their offices are often designed to be more comfortable and inviting to children.

Start early – The American Academy of Pediatric Dentistry recommends that children see a pediatric dentist as soon as their first tooth comes in, typically between six and twelve months of age. Getting children accustomed to dental visits from a young age often makes visits less traumatic.

Tell your child what to expect – Children typically only see the dentist twice a year. They may forget what happens at the visits in between appointments. Walk them through what to expect before each visit. Read books about going to the dentist. Don't gloss over parts that they struggled with last time. For example, if they became agitated when it was time to swish the fluoride rinse around their mouth, gently let them know that they will have to do it again. Neglecting to mention it could lead to more anxiety, as well as possibly distrust in you when they are confronted with it again.

Practice good dental hygiene at home – Brushing and flossing your child's teeth daily will help keep teeth and gums healthy. This may result in quicker and easier dental visits. Feeding your child a healthy diet and limiting sweets will also help accomplish this.

Let the braver child go first – Most people with multiple children have the oldest child receive treatment first. This isn't necessarily the best order. If a younger child is less fearful, let them go first.

Start some traditions – A few days before the dentist appointment, start reading books or watching cartoons about dentists, teeth and tooth care. Find a song about going to the dentist or make up one of your own. Sing it in the car on the way to the appointment. Have a special plan for after the dentist, such as visit to the park or trip to the movie theater. Do these things before and after every visit to give your children good memories of going to the dentist.

Deal with your own fears – Many adults still have severe dental anxiety. Children pick up on their parent's worries. Your child won't be able to be calm or relaxed if she knows you aren't. Take time to address your own issues before the appointment so you don't project your negative feelings onto your child's experience. ■

Rachael Moshman is a mom, freelance writer and blogger. She actually enjoys going to the dentist.



THE DETAILS

We went looking for local Pediatric Dentists and Orthodontists because we know that parents are choosy about their kid's teeth. On the following pages you will find a list we have compiled of local practitioners who specialize in infants, children and young adult's dental needs.

* A name in **Boldface** type indicates the health professional has purchased advertising space in Pittsburgh Parent.

* This list of health professionals is arranged alphabetically and does not imply endorsement by Pittsburgh Parent.

KEELAN DENTAL



Voted Best Dentist for the past three consecutive years, Dr. Paul Keelan is a friend, father of four and dentist to many. He helps individuals of all ages, obtain the healthiest and most beautiful smiles.

Keelan Dental provides services that include: Sedation Dentistry, Same Day Crowns, Invisible Braces, Wisdom Teeth Removal, Cosmetic Dentistry and more. This family owned, and operated practice of 23 years is conveniently located on New Castle Road, Butler.

"My entire team is dedicated to making your visit stress free. We offer convenient Online appointment scheduling from your phone or computer.

Saturday and evening hours are also available for busy families. Please check out our website and read what our patients say about us on Google and Facebook.

Most insurances are accepted but if you don't have insurance ask about our Savings Plan. Call today and let my team of professionals help you with your dental needs. We look forward to meeting you and your family!"

– Dr. Paul Keelan

264 New Castle Road
Butler, PA 16001
724-256-4614

keelandental.com

Paul Keelan, DMD
Allison Dillner, DMD

Megan Barroner, Oral Surgeon

PEDIATRIC DENTISTS

Aaron M. Valasek, DMD, LLC – Monroeville

Abraham and Gill, DMD

– Various Locations

- James Abraham, DMD, MDS
- Sean A. Gill, DMD

Associates in Dentistry – Washington

- Gregory A. Nairn, DMD

Advanced Dentistry of Butler - Butler

- Robert W. Fornalczyk, DDS

Aletta Swart, DMD – Butler

Bartusiak Dental Care – Washington

- Snjezana Jelaca – Bagic
- Barry Bartusiak, DMD

Bellisario Dentistry – Valencia

- Leonard A. Bellisario, DDS

Brian Lam, DMD – Bloomfield

Brian Rudolph, DMD – Belle Vernon

Butler Smiles Dental Care – Butler

- Robert Todd, DDS

Center for Exceptional Dentistry - Pgh.

- Babak Firouzi, DMD

Cetnar Dental – Saxonburg

- Robin Cetnar, DMD

Children's Hospital of Pittsburgh

- Various Locations

- Bernard James Costello, DMD, MD
- Brian S. Martin, DMD
- Heather Ilycia Baumhardt, DDS
- Katelyn M. Woods, DMD
- Martin Edward Eichner, DDS
- Michael A. Gottlieb, MD
- Maurielle Stacy, DDS

Cupelli & Cupelli Pediatric Dentistry

– Upper St. Claire

- Gina Bufalini, DMD
- Kristy Cupelli D.M.D

Craig B. Henderson DMD – Pleasant Hills

Christopher H. Martone DMD, P.C.

– Natrona Heights

David J. Belack, DMD – Greentree

David McKibben Jr, DMD – Oakland

Dentistry (The) – Various Locations

- Alexander Wenner, DDS
- Bo R. Kim, DDS
- David L. Graham, DMD
- Dominic Sabatini, DMD
- Eric Mosso, DDS
- Gary Mosso, DDS
- Gary Trilli, DDS
- John E. Tiano, DDS, PC
- Joseph Filippini, DDS
- Katherine Miller, DDS
- Shannon B. Cerra, DDS



Dentistry for Kids – Various Locations

- Allison B. Price, DDS
- Amy Rusinoski, DMS
- Katie Hoak, DDS
- Katayoon Martin, DMD
- Kelly Lewis, DDS
- Kruti Shah, DMD
- Matt Price, DDS
- Tom Jackson, DDS

Dentistry for Children & Teens Inc.

– Beaver

- Diana M. Haerr, DDS
- Melissa Alice Balk, DDS
- Robert A. Davis, DMD

Donna L. Iannone, DMD – Monaca

"The staff at Keelan Dental is friendly from the moment you walk in the door until the moment you walk out. And they are absolutely professional, understanding, patient, and exceptional with our child! We would highly recommend them!"

– Crystal Boris, patient at Keelan Dental

continued on page 14

SOUTH HILLS ORTHODONTICS



Dr. White is your friendly neighborhood Harvard trained orthodontist bringing world class smiles to the South Hills area.

South Hills Orthodontics offers the best in orthodontic care. Our mission is to provide the highest quality care for your smile. Treating children, teens and adults of all ages, our team is dedicated to deliver personalized care in a warm, professional and fun environment. South Hills Orthodontics's own Dr. White completed orthodontic training in 2002 at Harvard University.

He greatly enjoys caring for his patients with a personal touch and a bit of laughter!

Using state of the art equipment we offer a wide variety of treatments including Invisalign, braces, retainers, customized athletic mouth guards and more!

South Hills Orthodontics
301 South Hills Village Mall
Suite 205, Pgh PA 15241
412-833-3922

Dr. Carl Lee White
southhills-orthodontics.com

DENTISTS *continued from page 13*

Dunlap Dental – Various Locations
• Mara Bianucci-Dunlap, DMD

Edward L. Barron, DMD – Belle Vernon

Elizabeth L. Wakim, DDS, LLC
– Washington

Four Seasons Dental – Various Locations
• Timothy Sluser, DMD

General Family Dentistry
– New Kensington
• Richard A. Falk, DMD
• Elaine K. Geris, DMD

Gurtner Dental – Mt. Lebanon
• Margaret Gurtner, DMD

Horvath Family Dentistry – McKnight
• Kristin M. Horvath, DMD

Iannessa Pediatric Dentistry, P.C.
– Coraopolis
• Christina Iannessa, DMD

James Kyros, DMD – Brookline

James Rosen, DDS – Mt. Lebanon

Jeffries, Smith & Associates, P.C. – Oakland
• Darlene Jeffries-Schaller, DMD
• Zena Jeffries, DMD

Jordan Murphy, DMD – Bloomfield

Katsur Dental & Orthodontics
– Various Locations
• Karl Weiss, DMD
• Van Miller, DDS

Keelan Dental

Butler - 724-256-4614

- Allison Dillner, DMD
- Paul Keelan, DMD

Keith Gjebre, DMD, LLC – Greensburg

Kraisinger Family Dentistry – Scottsdale
• Paul Kraisinger, DMD

LaRue Family Dental – Greenfield
• Jason LaRue, DDS

Mark S. Pechersky, DMD – Monroeville

Mars Dental Specialists, LLC – Mars
• Jennifer Pacella, DMD

Michael J. Hanna DMD – McKees Rocks

'My Dentist' Karen M. Shulman DMD
and Associates – Various Locations
• Karen M. Shulman, DMD



North Hills Family Dental – McKnight
• Randall Barton, DMD, MDS
• Nicole Crasto, DDS
• Lawrence Mauro, DMD, FAGD

Pediatric Dentistry of Pittsburgh
– Various Locations
• Ryan P. Shaw, DMD

Pediatric Dentistry South
– Various Locations
• Courtney P. Uselton, DMD
• Molly E. Lanz, DDS
• Priyanka Vaddi, DMD
• Richard Ruffalo, DMD

Perkins Dental Associates – Wexford
• Thomas P. Perkins, DMD

Pittsburgh Children's Dentistry
– Various Locations

- John F. Buzzatto, DMD
- Matthew Cooke, DDS
- Alene Marie D'Alesio, DMD
- Jack L. Pechersky, DMD

Rebecca Pounds, DDS – Uptown

Robert A. Davis, DMD – Beaver

Robert F Good, II DMD, MDS
– Various Locations

Robinson Township Smiles – Coraopolis
• Ryan Rupert, DMD

Scott Family Dental – Plum Boro
• Robert H. Scott, DMD
• Jacqueline Scott, DMD

Snee Dental Associates – Washington
• Brad Allegre, DMD
• Duane Snee, DDS
• Ryan Snee

Stephanie B. Kobil, DMD – Butler

Taylor Made Smiles – New Kensington
• Brian Taylor, DMD

Tender Care Pediatric Dentistry
– Mt. Pleasant
• Beatriz De La Roche, DMD
• Jeffrey Martz, DMD

Winning Smiles Pediatric Dental Care
• Erin Issac, DMD – Shadyside

Youth Smiles Dental Center
– Pittsburgh
• Michele Hershberger DMD

"We love how Dr. White cares about the whole person and not just our teeth. He really, truly cares." – Tatiana Aragon, patient at South Hills Orthodontics



TINA M. REED, D.M.D. ORTHODONTICS

Our friendly, professional orthodontic practice, including Dr. Tina Reed and the entire Team, thrives on providing exemplary orthodontic care to our patients. The opportunity to serve our patients' long-term oral health needs is a privilege we value.

Our practice is built on the foundation of providing effective and compassionate orthodontic treatments to patients of all ages.

We are pleased to offer:

- Early expander and habit therapy for younger children
- Invisalign and Invisalign Teen (Dr. Reed is a Premier Provider of Invisalign)

- Clear braces and wires
- Digital tooth scanning and study models (no gooey impressions)
- Digital X-Ray technology (provides significantly less radiation to the patient)

We offer affordable in-house payment options and work with your insurance to help maximize your benefits. Dr. Reed has two locations in Pittsburgh: the East End and North Hills.

East End 2345 Murray Ave., Suite 210, Pgh., PA 15217 412-421-8565	North Hills 4725 McKnight Rd., Suite 107, Pgh., PA 15237 412-369-0600
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Tina M. Reed, D.M.D.
tinareedorthodontics.com

PEDIATRIC ORTHODONTISTS

Aaron M. Valasek, DMD, LLC
– Various Locations

Abraham and Gill, DMD
– Various Locations
• James Abraham, DMD, MDS

Benko Orthodontics – Butler
• Dane Benko, DDS, MS

Cartwright Orthodontics – Bethel Park
• Gary Cartwright, DMD

Chetlin/ Pechersky Orthodontics
– Squirrel Hill

Kampas Orthodontics – Various Locations
• Ronald Kampas, DDS

Karski & Spokane Orthodontics – Various Locations
• David Spokane, DMD, MS
• Melissa Karski, DDS

Katsur Dental & Orthodontics
– Various Locations
• Karl Weiss, DMD
• Van Miller, DDS

King Orthodontics – Various Locations
• Bryan C. King, DMD, MDS
• Earle A. King, DMD
• Mark DeMaria, DMD, MS

Lamparski Orthodontics
– Various Locations
• Don G. Lamparski, Jr., DMD, MDS

Mark S. Pechersky, DMD – Monroeville

Mars Dental Specialist, LLC – Mars
• David A. Pechersky, DMD

McCaskey Orthodontics
– Various Locations
• Lyndsey B. McCaskey, DDS, MSD
• Theodore J. McCaskey, DDS

Pearce Orthodontics – Various Locations
• Nandita Pearce, DMD, MS, MSD

Pittsburgh Children's Dentistry
– Squirrel Hill
• Jack L. Pechersky, DMD

Smiles by Smith Orthodontics
– Various Locations
• Bradley D. Smith, DMD



Snee Dental Associates – Washington
• Brad Allegre, DMD
• Duane Snee, DDS
• Ryan Snee, DDS

South Hills Orthodontics
South Hills Village Mall
- 412-833-3922
• Dr. Carl Lee White DMD

Stacy Orthodontics – Bloomfield
• J. Matthew Stacy, DDS

Tina M. Reed D.M.D. Orthodontics
East End - 412-421-8565
North Hills - 412-369-0600
• Tina M. Reed D.M.D.

Very Orthodontics – Wexford
• Daniel Very, DMD

"Dr. Tina Reed is the best orthodontist I ever had." – Carson, patient at Tina Reed D. M. D. Orthodontics

- David A. Pechersky, DMD
- Jeffrey D. Chetlin, DDS

Cranberry Orthodontics – Cranberry Twp.
• Gregory L. Sencak, DDS, MS
• Dane Benko, DDS, MS

Dahar Orthodontics – Various Locations
• Philip J. Dahar, DDS

Dentistry (The) – Various Locations
• Clinton L. Cable, DMD, DDS
• Nicholas A. Dahar, DDS

Forrest Orthodontics – Various Locations
• Thomas Forrest, DMD

James E. Madigan, DMD, MS – Butler

John H. Newell, DMD, MDS – Murrysville