



THE TRUTH ABOUT CAVITIES IN KIDS

WHAT'S NORMAL.
WHAT PARENTS SHOULD ACTUALLY
WORRY ABOUT.
AND WHAT TO DO IF YOUR CHILD
HAS A CAVITY.



Cavities Are Common...

But They're Not Something To Ignore

If your child has a cavity, take a breath.
You are not a bad parent.

Your child is not “failing” at brushing.
And this does not mean their smile is ruined.

Cavities are common in kids.

But they still deserve attention because baby teeth matter, permanent teeth matter, and small problems are much easier to treat than bigger ones.

At The Tooth Shop, our goal is never to shame.

It's to help you understand what is happening and make the best decision for your child.



The Tooth Shop™

What Is Normal?

It is normal for kids to need help with brushing.

It is normal for kids to miss spots.

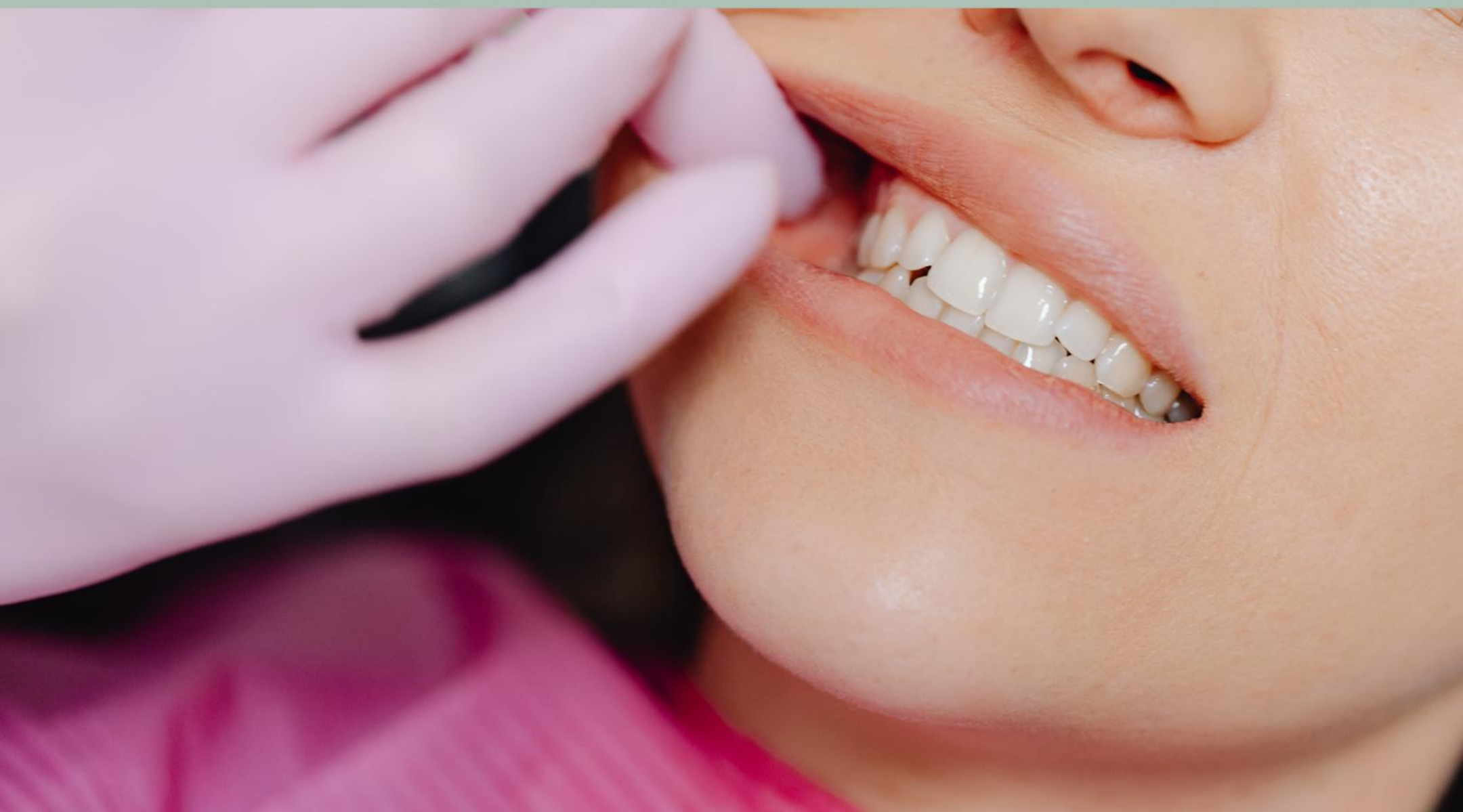
It is normal for baby teeth to have deep grooves, tight spaces, and areas that are hard to clean.

It is also normal for cavities to show up before your child ever complains about pain.

That's why regular dental visits matter.

Cavities are not always obvious at home.

Sometimes they are hiding between teeth or starting in places only a dental exam or x-ray can find.



What Is Not Normal?

Some signs deserve a closer look.

Call your child's dentist if you notice:

- Tooth pain
- Swelling in the gums or face
- Sensitivity to cold, heat, or sweets
- Dark spots, holes, or broken areas on a tooth
- A child avoiding chewing on one side
- Bad breath that does not improve
- Trouble sleeping because of mouth pain
- Fever with dental pain or swelling
- Pain, swelling, or fever should never be ignored.

Those can be signs that decay has moved deeper into the tooth.



But They're Baby Teeth... Do Cavities Really Matter?

Yes.

Baby teeth are temporary, but they have important jobs.

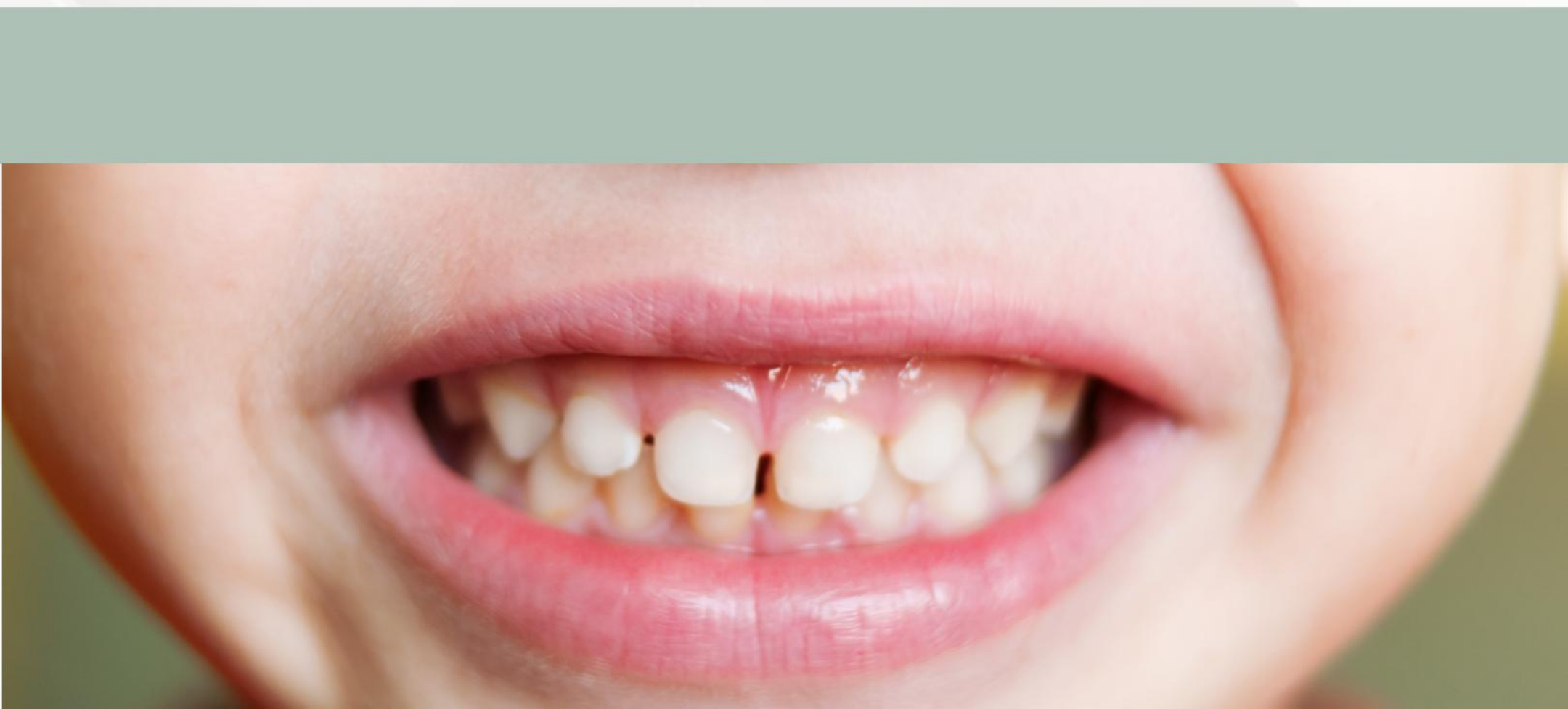
They help children:

- Chew comfortably
- Speak clearly
- Hold space for adult teeth
- Smile with confidence
- Avoid infection and unnecessary pain

Some baby teeth stay in a child's mouth until age 10, 11, or 12.

So when we find a cavity, the question is not simply, "Is this a baby tooth?"

The better question is, "How long does this tooth need to stay healthy?"



Not Every Cavity Needs The Same Treatment

This is important.

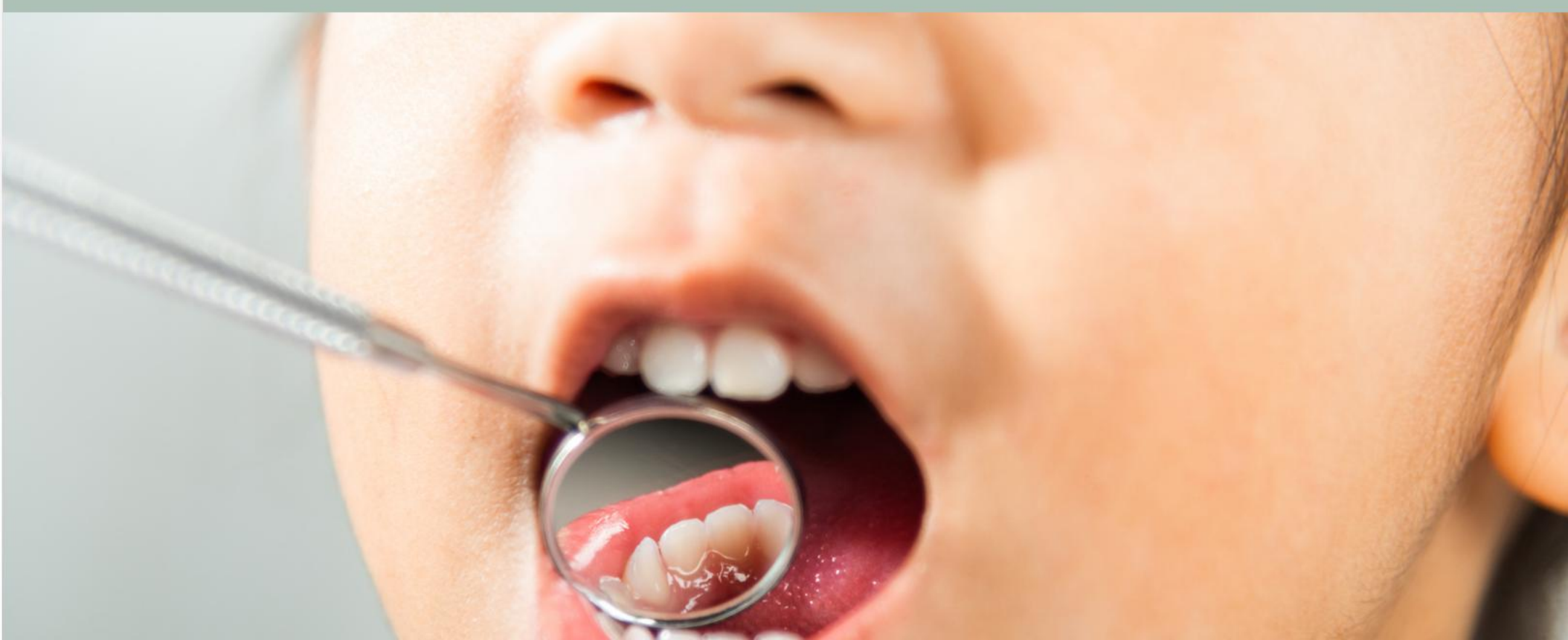
A small cavity, a deep cavity, a cavity on a baby tooth, and a cavity on a permanent tooth may all need different plans.

Before recommending treatment, we look at:

- How deep the cavity is
- Whether the tooth hurts
- Whether the cavity is active or early
- Whether the tooth is baby or permanent
- How long the tooth is expected to stay
- Your child's age and comfort level
- Your child's overall cavity risk

Good dental care is not one-size-fits-all.

It should be thoughtful, clear, and based on your child.



What Happens If A Cavity Is Found?

First, we explain what we see. No scare tactics. No pressure. No confusing dental language.

We will walk you through:

- Where the cavity is
- How serious it appears
- What happens if we monitor it
- What happens if we treat it
- Which option is safest and most comfortable

You should always feel like you understand the plan before making a decision.

Parents deserve clear answers. Kids deserve calm care.



Possible Treatment Options

Depending on the cavity, treatment may include:

- Monitoring very early spots
- Fluoride to strengthen enamel
- Sealants to protect deep grooves
- Silver diamine fluoride in select cases
- Tooth-colored fillings
- Crowns for larger cavities
- Removing a tooth only when necessary

The right choice depends on the tooth, the child, and the goal.

Our goal is always to protect your child's health while making treatment as comfortable and positive as possible.



What Should Parents Actually Worry About?

Try not to panic over one small cavity.

Instead, pay attention to patterns.

We are more concerned when a child has:

- Multiple cavities
- Cavities at a very young age
- Cavities between teeth
- Cavities on permanent teeth
- Pain or swelling
- A history of dental infections
- Cavities that keep coming back

That does not mean anything is hopeless.

It means we need a better prevention plan.

At The Tooth Shop, we help parents understand the “why” behind cavities so we can help prevent the next one.

How To Help Prevent More Cavities

Small habits make a big difference.

Helpful steps include:

- Brush twice daily with fluoride toothpaste
- Help your child brush until they can do it well
- Floss where teeth touch
- Limit frequent snacking
- Avoid sipping juice or sweet drinks throughout the day
- Choose water between meals
- Ask about sealants for cavity-prone molars
- Keep regular dental visits

The goal is not perfection. The goal is consistency.



A Different Kind Of Cavity Conversation

At The Tooth Shop, we believe parents should feel informed, not embarrassed.

If your child has a cavity, we will help you understand your options without judgment.

Schedule an evaluation today.

(480) 427-0531



WHY FAMILIES TRUST THE TOOTH SHOP

Families choose The Tooth Shop because we focus on:

- Honest recommendations
- Clear communication
- Long-term oral health
- Child-friendly care
- Helping parents feel informed and confident

We're here to help families understand their options without pressure or confusion.



Meet Dr. Perkins

Dr. Jaron Beau Perkins, DMD, is a Pediatric Dental Specialist focused on creating a calm, positive experience for children and families. He earned his degree in Exercise and Wellness from Arizona State University, attended Case Western Reserve University School of Dental Medicine, and completed his pediatric dental residency at Rainbow Babies & Children's Hospital in Cleveland, Ohio. Over the past 13 years, Dr. Perkins has practiced in rural and underserved communities in Pennsylvania and Prescott, AZ, treating complex pediatric cases and severe decay. These experiences shaped his compassionate, creative approach to care. He is a member of the AAPD and AAFE.

 The Tooth Shop™



"My goal is to help every child feel safe, understood, and confident at the dentist while building healthy habits that last a lifetime."

Jaron Perkins, DMD

Ready for a Better First Dental Visit?



The Tooth
ShopTM

We'd love to meet your family.

Schedule your child's
appointment today.

(480) 427-0531

Book Appointment

- ✓ Kid-friendly environment
- ✓ Experienced with anxious children
- ✓ Judgment-free care
- ✓ Focused on long-term health
- ✓ Serving families in Gilbert, AZ