



# Summit Family Dental

8136 21 MILE ROAD, SHELBY TOWNSHIP, MICHIGAN, 48317  
(586) 726-0606

JULY 2022 NEWSLETTER

## CHEW ON THIS!



Scan to watch!

<https://www.youtube.com/watch?v=Cm2hZWfNIQ>



Hello! I hope you all enjoying this wonderful summer! It is just my favorite time of the year. I wanted to talk about sleep and how it can drastically affect the development of babies and children. Recently, I met with Nicole Smith, of Nicole Smith Sleep, and we had a great discussion on how to improve sleep for babies and young children. Many kids are misdiagnosed as ADD/ADHD when in reality, they have a small airway that causes poor breathing and sleep. This can be corrected with a simple dental retainer.

Here is a link to watch our video!

*Dr. Krista Wortman*

### Baby pacifiers: Pros and cons

AVERY JOHN  
APRIL 29TH  
9:55AM  
7LBS 9OZ  
20 1/4 INCHES

10 DAYS OLD



Some, if not most of you know, I became a "Nana" on April 29th, 2022. I have often heard of people saying how wonderful it is to be a grandparent. But words can not express the love I have for this tiny human being. He's absolutely perfect! So I thought I'd share some pictures of him. It's easier than trying to get my cell phone during a cleaning and go back and forth. LOL All jokes aside, this month I wanted to discuss the pros and cons of baby pacifiers. The American Academy of Pediatrics recommends that parents consider offering pacifiers to infants one month and older at the onset of sleep to reduce the risk of sudden infant death syndrome. Because babies with pacifiers sleep less deeply than those who sleep without pacifiers, they can be aroused from a deep sleep that could result in the stopping of breathing. On the other hand, pacifiers can harm the growth and development of the mouth and teeth. Prolonged pacifier use can cause changes in the shape of the roof of the mouth, prevent proper growth of the mouth and create problems with tooth alignment.

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If you do choose to give your child a pacifier, these tips can help reduce the harm: Restrict pacifier use to when the infant needs to fall asleep. Look for a pacifier with ventilation in the shield, as they permit air passage. This is important if the pacifier accidentally becomes lodged in the child's throat. Of course always clean the pacifier before giving it to a child. It is recommended weaning children from pacifiers in the second 6 months of life to prevent otitis media and that children stop using them by the age of 2. Breaking the habit is not always easy but some suggestions are dipping the pacifier in vinegar or piercing the top of it to reduce sucking satisfaction. They say it takes 3 days to break a habit. As a mom it can be tough, but sometimes you have to sacrifice 3 days for the end result.



Karyn enjoying some Avery time



*Karyn Casey RDH*



XOXO

## ULTIMATE CAMPING EXPERIENCE

While we ambitiously wait for the winner of the Cedar

Point weekend, let's talk about our next spectacular giveaway!!! Who likes camping? Refer your friends and family and be entered to win a Solo Stove, a Yeti cooler , two luxury camping chairs with smore's/hotdog pokers! How awesome is that?! Compliments of Summit Family Dental . Drawing held on August 31, 2022



**Don't forget to give us a google review on how your experience was at Summit Family Dental.**

**We always love to see them.**

**Plus this is a great way for other people to come join us if they're looking for a new dentist.**





# WHAT OUR PATIENTS SAYING ABOUT US

I'VE HAD NOTHING BUT A GREAT EXPERIENCE WITH THIS DENTAL OFFICE. SUMMIT HAS BEEN CLEANING MY TEETH FOR 8 YEARS NOW, AND I'VE ALWAYS FELT WELCOMED AND THE STAFF IS ALWAYS NICE. THE DENTISTS ARE ALSO VERY PROFESSIONAL AND KNOWLEDGEABLE AND WON'T PROVIDE YOU WITH TOO LITTLE OR TOO MUCH CARE; JUST THE RIGHT AMOUNT. MACKENZIE M.

IT'S FUNNY WE ALWAYS HEAR PEOPLE SAY, "I HATE GOING TO THE DENTIST," BUT IN MY CASE I DON'T! IT'S ACTUALLY NICE TO GO TO A DENTIST THAT IS FRIENDLY, WELCOMING, AND THOROUGH. I BROUGHT MY BROTHER HERE WITH ME FOR THE FIRST TIME AND HE SUFFERS WITH ANXIETY. THANKFULLY HE TRULY ENJOYED HIS EXPERIENCE WITH SUMMIT FAMILY DENTAL! HE FELT COMFORTABLE AND RELAXED. KARYN IS SO SWEET AND FRIENDLY. JESSICA WAS ALSO WORKING WITH US AND SHE WAS SUPER FRIENDLY!! WE LIVE OVER AN HOUR AWAY AND IT'S SO WORTH THE DRIVE. DEVIN S.

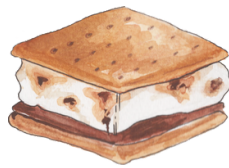


## Team Highlight: MEET EMILY



Emily is our newest dental hygiene assistant at Summit Family Dental. While she is new to working with us, Emily is not new to the Summit Family team. She has been a patient here for 10+ years and enjoyed the experience so much she decided to start her dental hygiene journey with us. In her free time Emily loves going up north and spending time with her friends. She thinks a perfect summer night ends with a swim, bonfire and of course s'mores.

Let's give a warm welcome to Emily!



**JULY EMPLOYEE OF THE MONTH:  
CONGRATULATIONS MISSY!**



*Yay!*





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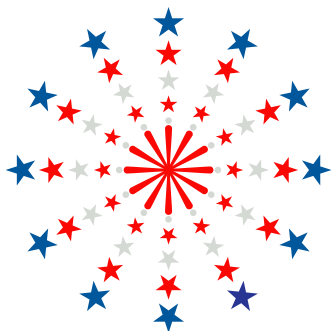


## INSIDE ISSUE SUMMIT FAMILY DENTAL'S NEWSLETTER



## CHEW ON THIS!

- Baby pacifiers: yes or no?
- Ultimate Camping experience drawing on August 31st
- July Employee of the Month
- Happy 4th of July
- SFD'S Team Highlight



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