

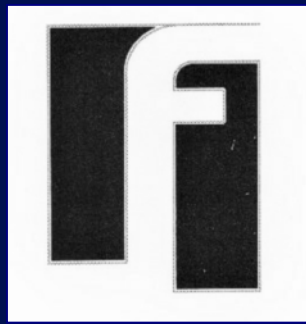
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February is Children's Dental Health Month

Each year this month is set aside by the American Dental Association for the community to join together to express the need for good oral hygiene in children. Brushing teeth the right way is essential. Teach your child to brush correctly to avoid cavities and keep their gums healthy.

Brushing your child's Teeth

Stand behind your toddler, so they can see what you are doing. Children learn what they see. Put no more than a "pea size" amount on the toothbrush. Hold the toothbrush against the tooth where it meets the gums (the gum line), and use a 45-degree angle to ensure you fully reach the tooth and gum surface. Now, move the brush in a soft circle. Brush the outer surfaces of the teeth. Go methodically around the mouth. Then do the same for the inner surfaces of the teeth. Finally, brush the chewing areas.

Afterwards, let your child practice while you brush your teeth with them. Once your child is 10 or 11, they should be able to brush their teeth without supervision.

Don't Forget the Floss!

Begin using floss as soon as your child has two teeth adjacent to each other. Flossing is not easy for children, and it's not even easy for some adults. So, your kiddo is going to need guidance.

Because teaching the "string method" is not one your child can readily see to learn, start with a "floss aid." They come in all shapes, colors, and sizes. Include your child in picking a cool one out. The floss aid has a string between two narrow strips of soft plastic. First, show your child how to go between the teeth with the flosser. Then, like brushing, floss with your toddler after you have demonstrated flossing the whole mouth.

Taken from YOUR CHILD'S TEETH –ADA publication



FIRST, YOU SEE A BROKEN SMILE...



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HEALTHY NO BAKE

Valentine's day cookies



These healthy delicious little cookies are a no bake dessert. Perfect for a hassle free valentine's day dessert.

Servings: 18 cookies

Ingredients

- 1/2 cup peanut butter
- 1/4 cup coconut oil
- measured liquid
- 1/4 cup coconut sugar
- 1/2 cup dark chocolate chips or semi sweet chocolate chips
- 1 tsp vanilla
- 1/2 tsp salt
- 1 3/4 cup oats
- 2 tbsp chia seeds

Instructions

First, start by melting both the peanut butter and the coconut oil together in a small pot. Stir until smooth then add the coconut sugar then stir until the sugar is dissolved. By this time the mixture is just about to boil but do not boil it.

Move the pot off the heat and add in the chocolate chips. Stir until all the chocolate is melted and well incorporated. Add in the vanilla and the salt and stir one more time to combine.

Add in the oats and the chia seeds and stir until everything is coated with the peanut butter and chocolate mixture. Let the mixture rest in the pot for 20 minutes.

Line a baking sheet with parchment paper or a silicone baking mat and using your heart cookie cutter scoop out 2-3 tablespoons in the center. Flatten using the back of the spoon and then remove the cookie cutter. Repeat this process until you are completely done with all the oat mixture. Top the cookie with pink sprinkles if you are making these for valentine's day.

Place the baking sheet in the freezer and let the cookies solidify in there for 20 minutes.

Store these cookies in an airtight container in the fridge or freezer.

[Thanks: Lifestyleofafoodie.com](http://Lifestyleofafoodie.com)



February is National Children's Dental Health Month. Visit ADA.org/NCDHM for more activity sheets.
HEALTHY SMILE TIPS

BRUSH YOUR TEETH DAILY WITH FLUORIDE TOOTHPASTE.

CLEAN BETWEEN YOUR TEETH BACK.

EAT HEALTHY FOODS AND LIMIT SUGARY BEVERAGES.

SEE YOUR DENTIST AT LEAST TWICE A YEAR.

ADA American Dental Association

Use a 45 degree angle to brush your teeth. Cavities happen at the gum-line more often than the flat surface of the teeth.

