



# MAY

*Dental Digest*

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## **School's Out For Summer!**

School is almost over, and summer is almost here! For some of us, this means lazy afternoons by the pool and fun family evenings at sporting events, concerts or traveling. For others, it's all about playing video games, staying up late, and snacking on junk food. We want to help you and your family keep your teeth healthy and safe with some tips that will also save you time and money!

### **1. Get a New Toothbrush**

Summer is the perfect time to buy new toothbrushes. Chances are your toothbrushes are due for replacement. Get a new toothbrush: If it's been 3 months since you last changed your family's toothbrush, it's time to get a new one! We offer a brand new toothbrush after check-up and cleaning appointments. If you or your child is due for an exam, call us today—we'll happily give you an Oral Hygiene Kit after your visit!

### **2. Create a Routine**

While your summer agenda might be a bit looser than your usual day-to-day-during the school year, it's important that your kids have some type of structure. Instead of a rigid schedule, try this: Write down a list of things that must be done before your kids head outside. Mix teeth brushing into a set of other simple tasks, such as making their beds and putting away their laundry. Then, institute a similar policy at night as part of your wind-down routine. That way, brushing doesn't depend on a certain time, and becomes a habit with other tasks.

### **3. Limit Summer Treats (Recipe on Back)**

Cotton candy, ice pope, candy, soda: Summer is all about the food. County fairs, barbecues and pool parties will mean the kids have more than the usual amount of "sometimes" foods. Unfortunately, these sugary snacks can yield a high number of dental cavities as well. While it's okay for your kids to have a few treats, you should limit these snacks before bed. Look for low-sugar or sugar-free options as well, or make your own ice pops from pureed fruits instead of buying them from the store. (See Recipe on Back) Consider keeping certain berries in the kitchen, which are often as sweet as their favorite candy.

### **4. Invest in a Protective Mouthguard & Stay Hydrated with Water**

If your kids are staying active with summer sports or outdoor activities, talk to Dr. Turman about a custom protective mouthguard or sportsguard. Help your kids stay hydrated during those activities and prevent future cavities by giving water instead of sports drinks and soda. All that sugar can lead to increased cavities and expenses.

## 5. Schedule Dental Check-ups & Treatment

We know it's always a challenge scheduling and keeping dental visits during the school year. Now is a great time to schedule your child's checkup, cleaning and any treatment that you may have been delaying. Taking care of recommended dental treatment now before they become an emergency saves you time and money. Even if your kids appear motivated to keep up with oral hygiene while home from school, you should still limit summer dental surprises by scheduling a dental checkup. Scheduling a checkup before school starts has two purposes: It's an easy time of year to remember, and can serve as a reminder to kids to continue following good personal oral hygiene. Nobody wants a disappointed dentist, who will be checking to see how the kids did over the summer.

It can be hard to get children to remember to continue brushing when school's out. By making oral hygiene a habit, you won't have to worry about any dental surprises this summer.

### Healthy Fruit & Honey Yogurt Popsicles (makes about 14 popsicles)

#### Ingredients

1 1/2 cups of plain full fat yogurt

Juice of one large {room temperature, pre-rolled} orange (gives about 1/2 a cup)

2 tablespoons of honey (or more, depending on desired sweetness)

2 cups of fruit, diced finely



#### Directions

Prepare yogurt mixture by stirring well. Layer chopped fruit and yogurt mixture in popsicle moulds. You can also blend all ingredients in a food processor or blender and pour into moulds. Freeze overnight.

Enjoy!

