




# Amazing Smiles

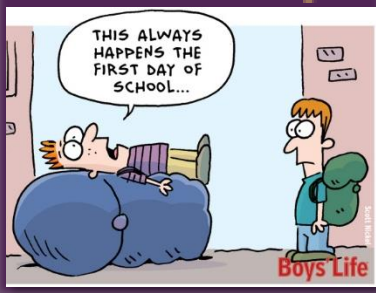
FAMILY DENTISTRY

*August Newsletter*



Amazing Smiles would like to wish everyone a safe, fun, and productive school year!

Remember not to overpack your backpacks 



## *School is Back in Session!*

**School is back in session.** And while returning back to some normalcy might be exciting, there is still some concern about staying safe in the classroom. Below are some tips to make this school year a safe and enjoyable one:

- **Not sharing is caring**

Yes, this goes against everything our kindergarten teachers taught us (sorry, Ms. Ratimaker), but in this case it's for the best. Keep all school supplies, snacks, and technology to oneself to avoid passing around germs. Not sharing in this case is caring for classmates, teachers, and their families.

- **Keep the cooties at bay**

Stay up to date on the school's safety measures to make sure you are in compliance and doing your part to keep the community safe – school websites have been a great resource for this information. Also, make sure items such as hand sanitizer and face masks are on your back-to-school supply list.

- **Have a conversation with your kids**

As parents, we're always worried about the well-being of our children, seemingly more than they are for themselves. However, this has been a stressful time for all. And hearing all that's going on and not completely understanding, especially for younger children, can be quite scary. Make sure your kids are comfortable expressing any anxiety they might have about returning to school in a pandemic.



### *In This Issue >>>*

- ***School is Back in Session!***  
page 1
- ***Back to School Tips***  
page 1
- ***Save Money on Dental Treatment with these Sneaky Tricks***  
page 2
- ***Frozen Chocolate Avocado Pops – a deliciously healthy recipe***  
page 2
- ***Word Search!***  
page 3

Follow us on social for updates, promotions, results photos and more!



AmazingSmilesPC @amazingsmilesnewnan

## Save Money on Dental Treatment with these Sneaky Tricks



**Dental hygiene plays a larger role in disease prevention than some may realize.** The health of our mouth impacts our immune system and systemic health, so it's important that kids learn to take care of their teeth at a young age. By doing so, **you'll also save money on dental treatment in the long-run.** However, that's easier said than done, right? Well, maybe these sneaky tricks can help with that:

### *Have fun with it!*

Kids imitate what they see us do, especially if we look like we're having fun doing it. Make sure you set an example by brushing in front of your kids at a young age, and make it look like a fun and exciting part of your night time routine. Try having a "toothbrushing song" that you can both jam out to as you brush.

### *Wow, they're enjoying vegetables?!*

Vegetables have a lot of essential nutrients that help to keep our teeth healthy such as calcium and iron.

Understandably, most kids prefer candy over broccoli (adults, too). However, vegetables don't have to be bland and/or boring. There are tons of ways that you can dress them up to keep the benefits but with added flavor. For example, blend them in a smoothie or add it to their favorite meal (like a sandwich or pasta). Or even turn it into a dessert! – check out the recipe below!

### *Make tooth brushing an adventure*

Sometimes, brushing with a Disney Princess toothbrush just makes the experience more... *magical*. Allowing your kids to choose their toothbrush builds a stronger bond with it, and makes them more likely to voluntarily use it.

Colgate took this to the next level by developing an affordable interactive toothbrush and app for kids:



*This augmented reality toothbrush turns brushing into an interactive game – teaching and encouraging good brushing habits.*



Colgate® Magik - <https://shop.colgate.com/products/magik>



## Frozen Chocolate Avocado Pops

### Ingredients:

- 2 ripe avocados
- ¼ cup melted chocolate
- 3 tablespoons cacao powder
- 3 tablespoons honey
- 3 tablespoons almond butter
- 1 teaspoon pure vanilla extract
- Pinch of salt
- 2 cups Vanilla Almond Milk

### Directions:

1. Throw all ingredients into a blender and blend until smooth and creamy.
2. Pour mixture into popsicle molds, placing your popsicle stick in the middle. Freeze overnight.
3. Once frozen, take popsicles out of freezer and garnish with a topping of your choice (I like melted chocolate and crumbled nuts).
4. Take out of molds and enjoy!

# Amazing Smiles

## FAMILY DENTISTRY

### Word Search

Do you have what it takes to solve the puzzle below?

--

Use the key on the left to find the words in the following word search. (Hint: words can be up, down, and even diagonal).

CAVITIES	SEALANT
DENTIST	SMILE
FLOSS	TEETH
FLUORIDE	TOOTHBRUSH
GUMS	TOOTHPASTE

T T O O T H P A S T E W T  
G E N U Y I A O F O P W E  
G O Y F G U M S L O Z D J  
S E A L A N T L O T K I E  
D C Q U B L M T S H J C O  
K A F O A Y W U S B N Y W  
A V I R I A J H A R D I D  
X I Z I N O T J Q U B H E  
A T V D M E A F V S L Y N  
L I R E E J P U T H Q Z T  
B E W T N G D Y B W U E I  
J S M I L E K S Z R W R S  
I S F E H Y B M A P I W T



Today's puzzle brought to you by the CDC's Children's Health Activity Book – aimed at offering parents an interactive way to talk to their children about ways to care for their teeth.

[https://www.cdc.gov/oralhealth/publications/dental\\_health\\_activity\\_book\\_PRINT.pdf](https://www.cdc.gov/oralhealth/publications/dental_health_activity_book_PRINT.pdf)