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Your monthly insight into maintaining your oral and overall health

Amazing Smiles

FAMILY DENTISTRY

AUGUST *Newsletter*



5 Back to School Hygiene Tips - easy & effective!

It's that time of year again... and though a lot has changed, some things remain the same: **whether at home or in the classroom, we want our kids to have a well-rounded and quality education.** And while we will be challenged to help our children remain focused in a world of distractions, we don't have to let improper dental hygiene be one of them.

20% of children aged 5-11 have at least one untreated decayed tooth (cavity). And 13% of adolescents aged 12-19 have at least one untreated cavity. Untreated oral health concerns such as cavities can lead to an infection in the tooth, causing pain and possibly even worse consequences.

So, let's discuss some *Back to School Hygiene Tips* to keep our young ones healthy and happy with a smile they'll be proud to show off!

1 Brush Twice a Day and Floss at Night!

I'm sure your kids already know and are tired of hearing this, however it is incredibly important that you emphasize the value of this. Brushing and flossing regularly not only protects their oral and overall health, but at a young age it has a huge impact on the appearance of their smile. Having a healthy smile is said to increase confidence and participation in a healthy education and social life. If tooth decay causes problems early in life, the appearance of their adult smile can be affected.

"Whether at home or in the classroom, we want our kids to have a well-rounded and quality education."

2 Brush Your Tongue!

Brushing your tongue helps to reduce the amount of bacteria in the mouth. This will allow for fresher breath throughout the day!

3 Ensure They're Using a Fluoride Toothpaste for Extra Protection!

Fluoride helps to strengthen and repair enamel. This helps to prevent cavities, protect teeth against starchy foods, and improve the appearance of one's smile. *For younger kids especially, ensure they're spitting out all of the toothpaste opposed to swallowing*

4 Opt for Sugarless Chewing Gum!

Research suggests that chewing gum can improve concentration on tasks that require continuous monitoring for a prolonged period of time (such as a teacher's lesson plan). In addition, it can help strengthen the jaw, produce saliva, and freshen breath. However, chewing gums with high levels of sugar can lead to cavities. So, opt for sugarless chewing gum to enjoy the benefits, without the tooth decay.

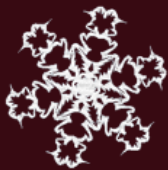
5 Come See Us!

Regular check-ups allow us to assess issues early and treat/prevent them. Preventative dentistry saves you time and money and saves your kids from unnecessary pain. Schedule an appointment with Dr. Chubb to ensure you don't have to worry about your kid's oral health this school year!

Dental Facts for Children!

Help keep your kids enthusiastic about oral health by sharing these simple facts!

1 Your Teeth Are Special!



Like a snowflake, your smile is unique! Nobody else in the world has the same teeth shape as you! That's why it's so important to protect your smile, because there will never be another one like it!

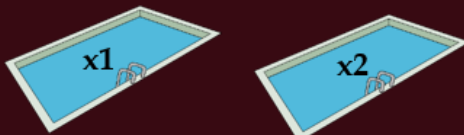
2 Bacteria... eww!



There are more bacteria in your mouth than there are people on Earth! Brushing and flossing your teeth twice a day help to fight that bacteria and protect you!

3 Two Swimming Pools?!

In your lifetime, your mouth will make enough saliva to fill two swimming pools! This saliva helps to keep your mouth clean and healthy, and keeps your breath smelling fresh! So, make sure to drink plenty of water to help your saliva production!



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Let's Reach Our Goals Together!

We understand that when you first visit our office, you might not yet have the smile you desire. However, we're here to get there with you! Part of the joy in working with our amazing patients is motivating them to enhance their oral hygiene habits for a healthier and happier future; while servicing your current needs of course! So once you're cavity free, you get to spin our wheel for some awesome prizes: like some of your favorite treats! Already feel like you might be cavity free? That's fine! You can spin too!



If you'd like to share the joy that comes with achieving your smile goal, you can participate in our **Care Enough to Share Program!** Through this program you can encourage your friends and family members to reach their oral health goals as well. And as a "congratulations" for taking the first step towards better oral health, we'll gift them a gift card to be applied at their first visit! Not to mention.. you guessed it.. more goodies for you too!



At the end of the day, our goal is to put a smile on your face in every way we can!

Visit the resource page on our website to learn more about how we're continuing to keep our patients, staff, and community safe.

HOW'RE WE DOING?
LEAVE US A
Google
★★★★★
REVIEW!

Leave us a review!

If you enjoyed your experience at our practice, and would like to share that with others, please leave us a review on Google! Your reviews help us to better meet your needs, and put smiles on more faces.

Easy Teeth-Healthy Snacks Your Kids Will Love!

Homemade Strawberry Banana Ice Cream



We've yet to meet a kid that doesn't **LOVE** ice cream! And while it is the perfect treat for these hot summer days, a lot of store-bought ice creams can be crazy high in sugar levels. But this homemade ice cream recipe uses all natural ingredients, is easy to make, and most importantly – **it's DELICIOUS!**



Ingredients:

- 2 bananas, frozen and sliced
- ½ cup of frozen strawberries
- 2 tablespoons of heavy cream
- ½ teaspoon of vanilla

Directions: Place all the above ingredients in a blender/food processor and blend until smooth and creamy. Transfer into an airtight container and freeze for at least 3 hours. And all done! Scoop and serve as you please!

4 Ingredient Homemade Oatmeal Cookies



This yummy cookie recipe features ingredients that you likely already have and is a great, healthy alternative to store bought brands.

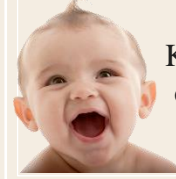
Ingredients:

- 1 cup of mashed bananas
- ½ cup of **natural** creamy peanut butter
- 2 cups of rolled oats
- ½ cup of an add-in of your choice (ex: dried fruits)

Directions: Preheat oven to 350°F and line your baking sheet with parchment paper. In a large bowl, mix the above ingredients until evenly mixed. Use this mixture to create your desired cookie shape and size, and place on your parchment covered baking sheet. Cook for about 10 minutes or until desired texture. Let your cookies cool completely. Enjoy!

Did You Know?...

There are 10-12 teaspoons of sugar in a single can of soda!



Kids laugh an average of 25x more than the average adult.

Back to School Time is Here!

It's that time of year again... and as parents, I'm sure you have a lot to deal with. **Don't let bad breath, a dull smile, or cavities be one of them!**

Give us a call!

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Amazing Smiles Cryptogram Game Answers!

Key

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

Phrase 1

V i s i t i n g D r . C h u b b
22 9 19 9 20 9 14 7 4 18 3 8 21 2 2

s a v e s y o u t i m e a n d
19 1 22 5 19 25 15 21 20 9 13 5 1 14 4

m o n e y .
13 15 14 5 25

Phrase 2

A m a z i n g S m i l e s
1 13 1 26 9 14 7 19 13 9 12 5 19

h a s a m a z i n g
8 1 19 1 13 1 26 9 14 7

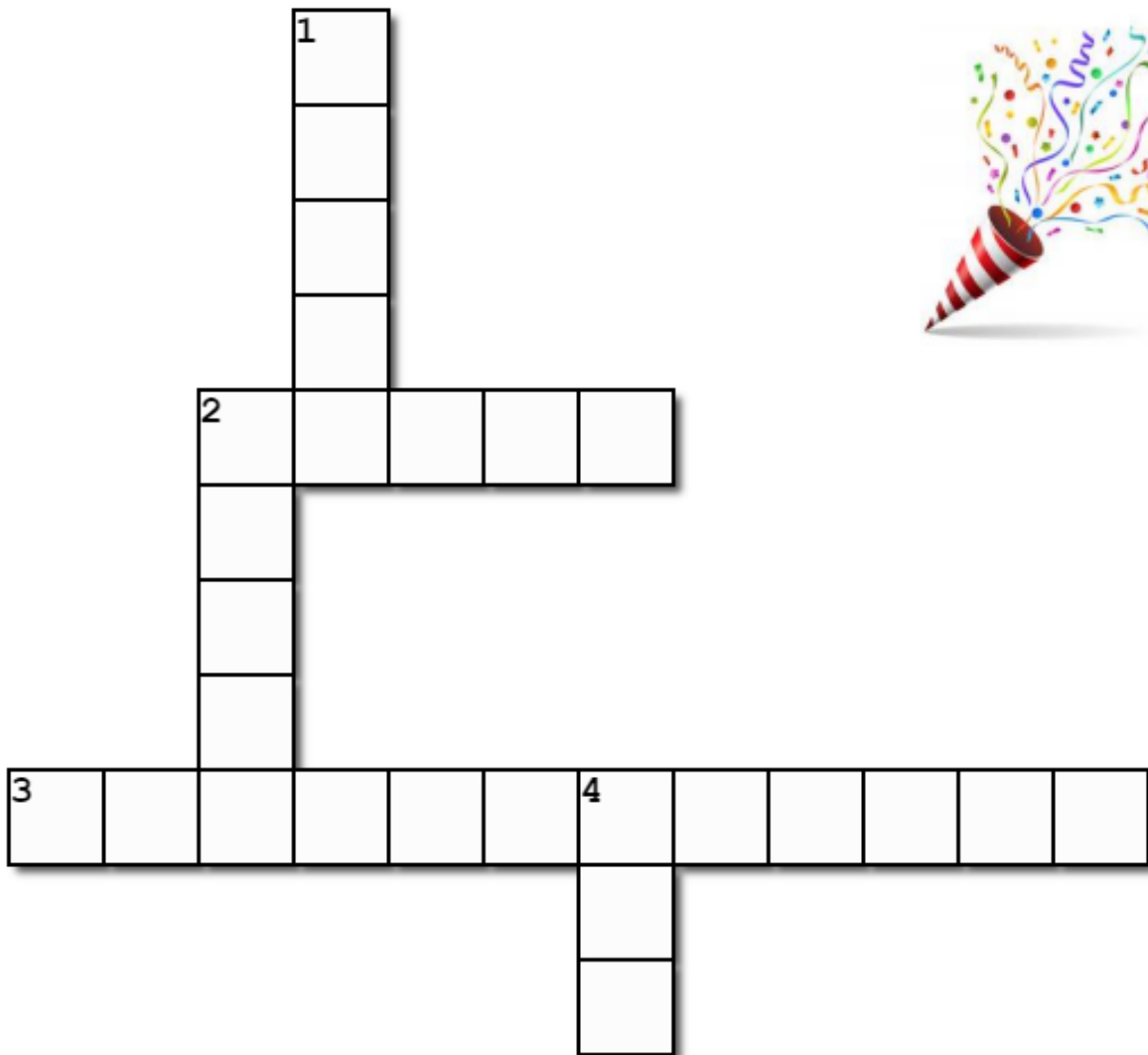
p a t i e n t s !
16 1 20 9 5 14 20 19

Amazing Smiles

Crossword Puzzle

Oral care should be fun! Use the clues to solve the puzzle below!

What fun is a game without a winning prize?! Text your answer to 678.675.0795 for a special reward!



Across

- Like a snowflake, your smile is unique! Nobody else in the world has the same teeth _____ as you! (page 2)
- _____ dentistry saves you time and money and saves your kids from unnecessary pain. (page 1)

Down

- Kids _____ an average of 25x more than the average adult. (page 3)
- At the end of the day, our goal is to put a _____ on your face in every way we can! (page 2)
- In your lifetime, your mouth will make enough saliva to fill _____ swimming pools! (page 2)