

Don't Let Your FSA Benefits Slip Away



Don't let your FSA Benefits slip away. Use your Flex Plan Dollars before December 31.

If you participate in a Flexible Spending Account (FSA), a "Cafeteria Plan" or other healthcare savings program through your company benefits program, time may be running out. Some plans require the money you contributed to be spent by December 31, or you risk losing it.

So if you have any dental work you've put off, or just want to schedule your annual cleaning, call today so we can get you scheduled to take advantage of those tax-free dollars you've set aside for your child's health.



HEALTHY HABITS

TO KEEP YOUR KIDS SMILING THROUGH THE HOLIDAYS AND INTO THE NEW YEAR!

The holiday break is a great time to help your kids establish and maintain healthy dental habits. This includes good brushing, flossing and eating habits that are essential for healthy teeth.



TOOTH DECAY IS LARGELY

PREVENTABLE.

ESSENTIAL STEPS TO PREVENTION:



The AAPD recommends that a child's first visit to a pediatric dentist should be by the AGE OF ONE or when the FIRST TOOTH APPEARS. Regular check-ups should occur every SIX MONTHS.



Parents should help their children brush their teeth TWICE DAILY — after breakfast and before bedtime are ideal. It's recommended that parents/caregivers supervise the brushing for school-age children until they are 7 to 8 years of age.



The BEST TOOTHBRUSHES for children have soft, round-ended (polished) bristles that clean while being gentle on the gums. The handle should be proportionate to the size of the child's hand.



Parents can begin FLOSSING for their children when two teeth are touching. Children can begin flossing on their own around age 7.



Look for FLUORIDE TOOTHPASTE with the American Dental Association Seal of Acceptance.



DIET IS THE FOUNDATION

FOR A CHILD'S OVERALL HEALTH AND WELL-BEING AND IS ALSO VITAL TO THEIR ORAL HEALTH. FACTS & TIPS FOR PARENTS/CAREGIVERS TO KEEP IN MIND:



Sugary candy, food and drinks are part of the holidays. With this, the risk of cavities and poor dental health also increases. Parents should try to moderate sugar intake, and WATCH OUT FOR CARBONATED DRINKS, which actually erode teeth more than sweetened drinks.



Keep an eye on snacking — ideally children should have NO MORE THAN THREE SNACK TIMES a day.



COOKED STARCHES CAN LEAD TO CAVITIES just as sugars can. In fact, cooked starches such as breads, crackers, pasta, pretzels and potato chips frequently take longer to clear the mouth than sugars.



LIMIT SUGAR INTAKE by checking labels and buying sugar-free varieties of food options, if available.



CHEESES such as aged cheddar, Swiss, mozzarella and Monterey jack are great as a snack or to eat after a meal because they clear the mouth of food and neutralize the acids that attack teeth.

For more information or to locate a pediatric dentist, resources are available on the AAPD consumer website at WWW.MYCHILDRENSTEETH.ORG.



CRAFTS

FAMILY HANDPRINT CHRISTMAS TREE

Building the tree is super simple: trace everyone's hands plus baby's foot for the trunk of the tree. Add a star on top, and any other decorations you like (dot stickers make great tree ornaments that kids can easily put on).

Credit given to Mama Smiles



Family Handprint Christmas Tree

We Care for Kids and It Shows!

GRINCH KABOBS

- 24 Green grapes
- 1 Banana— cut into 24 slices
- 24 Hulled strawberries—tips removed
- 24 Miniature Marshmallows
- 24 Toothpicks

Thread 1 grape, 1 banana slice, 1 strawberry, and top with a marshmallow to resemble the Grinch's head.

