

dr. fern's tips

Healthy Holiday Teeth

During holiday time, many parents are concerned because this is a season of temptation, filled with lots of sugary and starchy treats. Here are some tips for a healthy approach to the holidays:

- Maintain a balanced diet of the major food groups, including fruits and vegetables, breads and cereals, milk and dairy, and meat, fish and eggs (or other protein substitutes for vegetarians).
- Do allow children a limited selection of special sugary treats. Moderation is always a good practice and not just at holiday time.
- If possible, avoid sticky and chewy foods, such as dried fruit or toffee, since these are not easily washed away from the teeth by saliva, water or milk. So, they have more cavity-causing potential.
- If you have an infant or child still on formula and drinking from a bottle or sippy cup, don't allow holiday traveling and schedule changes to disrupt your good habits. Remember not to let your child fall asleep with the bottle or sippy cup since this encourages unswallowed liquids to remain in their mouth and increase the potential for Early Childhood Cavities.
- Encourage, remind and reinforce good brushing and flossing habits despite your hectic holiday schedule.

Enjoy

a

Healthy, Happy and Safe Holiday Season