



Tips for Healthy SummerTeeth

During summer time, as parents you are concerned about the temptation of sugary treats. These are some of my tips for you to have a healthy and fun summer:

- Maintain a balanced diet of fruits and vegetables, breads and cereals, milk and dairy, and meat, fish and eggs (or other protein substitutes for vegetarians).
- It's okay to allow children a limited selection of special sugary treats. After all it's summer! As we remind the kids, moderation is always a good practice, even during the summer.
- When possible, avoid sticky and chewy foods, such as taffy. Gooey, sticky, chewy candies like this are fun to eat, not so much fun to remove from your teeth, and have major cavity-causing potential.
- If your infant or toddler drinks from a bottle or sippy cup, don't allow vacation and schedule changes to disrupt your good habits. Remember not to let your child fall asleep with the bottle or sippy cup in their mouth since this increases the potential for cavities.
- Encourage, remind and reinforce good brushing and flossing habits despite your hectic summer schedule.
Have a fun and safe summer!

