

## CHILDREN'S DENTISTRY

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### NATIONAL CHILDREN'S DENTAL HEALTH MONTH



Love is in the air and we want you to know that we are committed to loving your teeth! February is a special month dedicated to raising awareness about the importance of oral hygiene. All month long, dentists, educators and parents come together to promote the benefits of good oral hygiene for children. So what can you do to help?

- \* Limit sugary foods and drinks just to meals and prevent snacking on sugar rich snacks. If kids crave a snack, offer them nutritious foods, such as: fruits, vegetables, nuts and cheese.
- \* Go sugarless! Chewing gum with Xylitol after eating can increase saliva flow & help wash out decay-producing acid!
- \* Help your children develop good brushing and flossing habits by leading through example!

- \* Schedule regular dental visits

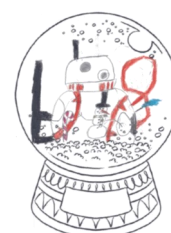
Visit: <http://www.ada.org/en/public-programs/national-childrens-dental-health-month/> for more helpful information.



### WINTER SNOWGLOBE DECORATING CONTEST

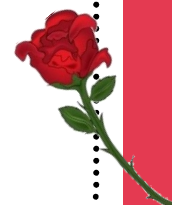


Our first Snow Globe decorating contest was a big hit! Thank you for all the decorated and colorful snow globes! Our patients are so talented. Be on the lookout for your prizes in the mail and the announcement of our grand prize winners!



### OFFICE EVENT

Dr. Nick and the staff want to show as much appreciation to our families as we receive. To celebrate Valentine's Day, the office will be handing out flowers to all of our amazing parents on the week of February 8th to 12th. Schedule your dental visits accordingly or come by and pick one up. Thank you so much for your support!



### HABITOT MUSEUM

On Friday, February 12, 2016 from 10:00 AM to 12:00 PM, Dr. Nick and the tooth fairy will be at the Habitot Children's Museum in Berkeley. You can come meet the tooth fairy, or decorate a giant toothbrush! We hope to see new and familiar faces there!

### SHARE A SMILE



If you had a great experience with us, please tell your friends! We are always accepting new patients and would love to take care of them. Please ask a staff member for a "Share a Smile" card to refer a friend or family member.

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SINCERELY— DR. NICHOLAS CHING AND STAFF