

Autumn, 2012



colorado kids

PEDIATRIC DENTISTRY

lisa m. fox, dds

james r. norwood, dds

patrick t. wilson, dmd



Welcome!



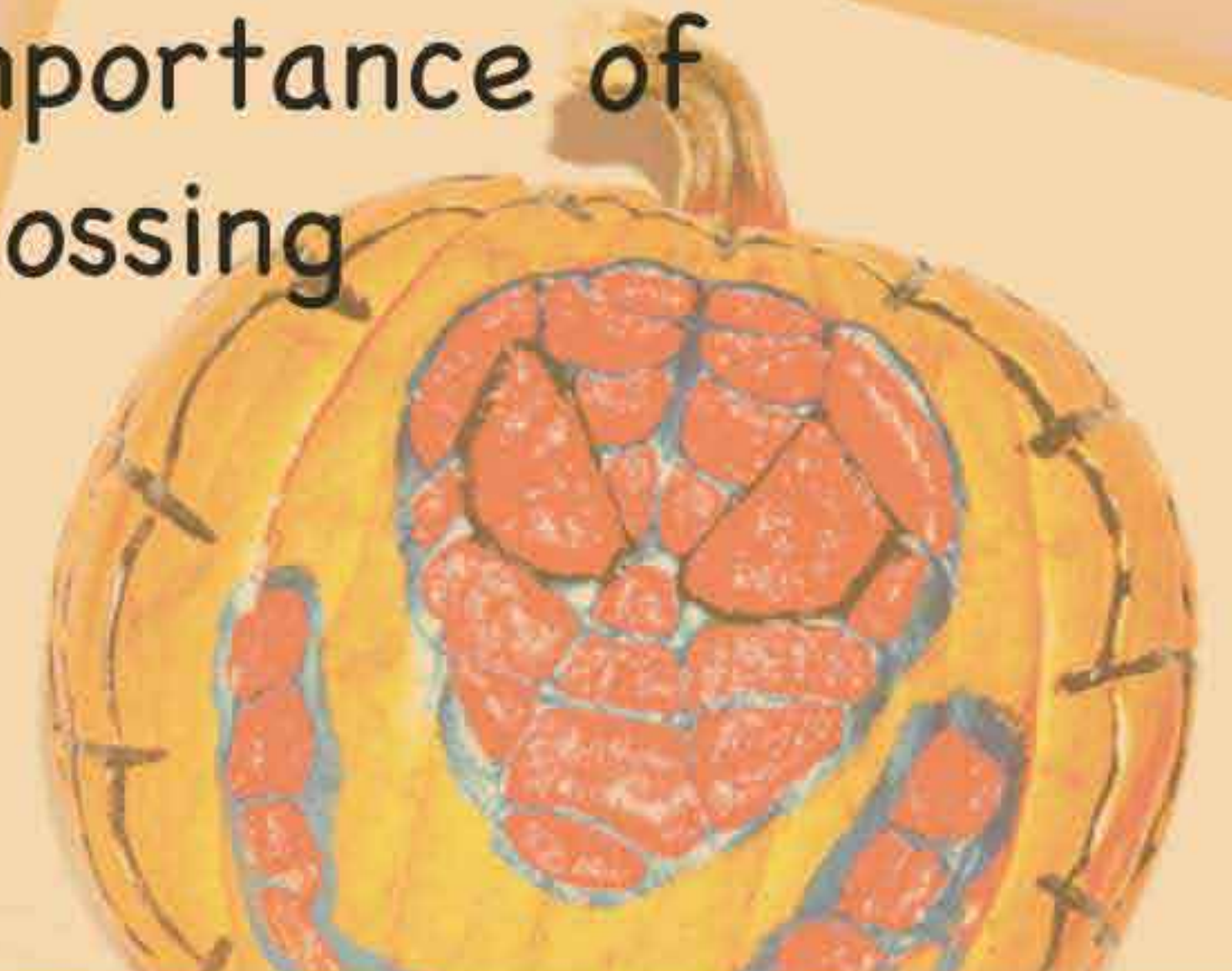
The purpose of our newsletter is to provide our patients, their families and friends with the latest news and updates in dental and oral health as well as any happenings in our offices!

In this issue:

- * CKPD's Annual Candy Buy-Back!
- * 2min2x.org!
- * Importance of Flossing



We promise to give you only news you can use and we will keep it brief and informative.



Connect with CKPD!

Highlands Ranch Town Center

9358 Dorchester St.
Suite 106
Highlands Ranch
Co, 80129

Castle Pines

7298 Lagae Road
Unit C
Castle Pines
Co, 80108

CKPD.com

Follow us on
Facebook!



Search for us on
YouTube!



CKPD'S Annual Halloween Candy Buy-Back

So Halloween 2012 has come and gone. Your ballerina fairy princess and her ninja wizard warrior brother now possess bags of goodies that weigh almost as much as they do. You are faced with a couple of decisions: how to sneak a few pieces of your favorite candy out of the bag without your children noticing and then figure out what to do with all the rest of the candy.

The pediatric dentists at Colorado Kids Pediatric Dentistry give the following advice to candy-overloaded Halloween parents: Carefully sort through the candy. Many hard, sticky candies can become stuck between teeth and are difficult to brush away and should be avoided. If your child is allowed to consume too many sweets, he or she can be at risk of developing cavities. So the days after Halloween are a great time to make sure your children maintain good brushing and flossing habits.

The doctors have a final piece of advice about what to do with that twenty pound bag of candy your child would like to hide under his or her bed and hope you forget about. Allow them to select a few special treats and let them enjoy them a little at a time. And as for the rest of the candy, "Sell it to us!" This is the sixth year that Colorado Kids Pediatric Dentistry is buying back Halloween candy. The doctors will pay your child one dollar a pound (up to 10 pounds total) and will then donate the candy to soldiers at Ft. Carson. The doctors ask that your child brings in the candy in a zip-lock bag and include a picture of your costumed child and a note for the soldiers. The candy can be brought to either CKPD's Highlands Ranch or Castle Pines locations until November 14.



2min2x.org

We want to remind parents and caregivers to brush their children's teeth for two minutes, twice a day. Now there is a great new website to help children do just that! 2min2x.org was developed by the Ad Council and the Partnership for Healthy Mouths, Healthy Lives and features a bunch of two-minute videos that kids can watch while brushing. Check it out!



The Importance of Flossing



We know that making sure your children are flossing their teeth everyday and doing it correctly is hard! But you know that flossing is so very important. Flossing removes the food matter between teeth that a brush can't reach. Flossing also removes plaque, polishes tooth surfaces and helps control bad breath. We recommend that flossing should begin as soon as your child has two teeth that touch but no later than 2 ½. By the time your child heads to school, he should be flossing on his own, even though he won't have the dexterity to do a great job for a few years yet. Until he's an expert at flossing, supervise and give him a pointer now and then. For example, you might suggest that to make flossing more comfortable, he should allow a little slack rather than holding the floss too tightly around his fingers. Help your child floss until they can comfortably and effectively floss for themselves. Then you can floss with them!.



Highlands Ranch Town Center 303.791.4400
Castle Pines 303.225.4715
CKPD.com