



**the kidds place**  
**DENTISTRY FOR CHILDREN, P.S.**



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## WHAT'S NEW AT THE KIDDS PLACE??

Have you checked out our facebook page recently?? You can click on our page to let you friends know about us. Whenever we have a contest (which is pretty frequent!) we post all of the information on our page!

## Dental Word Search

Can you find all the hidden words? They can be up, down or diagonal.

WORDS:

TEACH  
 HANDS  
 MATH  
 FEEL  
 HARD  
 STRAIGHTEN  
 PATIENTS  
 TOOTH  
 SCHOOL

CHILDREN  
 SCIENCE  
 LIFETIME  
 LOOK  
 WATCH  
 FIX  
 LONG  
 CONTACT  
 VISIT

F	G	I	P	T	Z	C	D	E	H
W	X	J	K	E	H	A	N	D	S
S	I	T	T	A	V	Q	U	V	C
T	H	C	S	C	H	O	O	L	I
R	M	A	T	H	T	I	D	R	E
A	Y	H	R	N	F	E	E	L	N
I	P	B	O	D	Y	A	M	O	C
G	L	W	A	T	C	H	Z	O	E
H	O	O	D	G	J	K	M	K	N
T	N	C	O	N	T	A	C	T	X
E	G	G	H	K	F	I	X	I	P
N	G	L	I	F	E	T	I	M	E
A	C	P	A	T	I	E	N	T	S
O	N	H	Q	R	O	U	V	N	O
A	D	B	I	S	P	O	E	N	Z
E	N	O	D	L	S	H	T	O	L
E	N	C	P	E	D	F	E	H	M
V	I	S	I	T	Y	R	B	O	Z
T	I	E	N	T	P	A	E	N	Q
K	N	O	G	F	A	P	Z	N	P



## Parents Corner



### The Sticky Truth about Gummy Vitamins

Gummy vitamins have been a very popular choice for parents since they came onto the market about 10 years ago. They taste great and they are supposed to be healthy. What could be better? There are some significant concerns associated with these vitamins, however that parents need to be aware of.

First, these vitamins are just as sticky as fruit snacks or other gummy treats. Many of them contain sugar, which allows the vitamins to stick in teeth and slowly dissolve into the pits and fissures of your child's molars. It only takes about 20 minutes for the bacteria that form cavities to start digesting these sugars and begin making the acid that forms a cavity.

Secondly, the vitamins taste good, which has led to overdoses. Children may mistake these for snacks and take too many at one time. It is possible for a child to suffer from vitamin toxicity, which can be severe in some cases.

Most children can obtain their required nutrients from normal food groups, and may not even need vitamins. We encourage you to talk with your child's pediatrician to determine your child's nutritional needs.

### Inside This Issue

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## Vitamins, continued

At The Kidds Place, we recommend following a few simple guidelines for giving your child vitamins:

1. If you do give your child a daily vitamin, select a non-gummy variety that turns to powder as the child chews. These may contain added sugar as well, but do not stick to teeth in the same fashion.
2. Give your child their vitamin with a meal if possible
3. Have your child brush their teeth *after* they've taken their vitamins
4. Never give your child a vitamin before bed and let them go to sleep without brushing and rinsing with water.

## Spotlight on the Staff

In every issue, we choose one member of our exceptional staff to acknowledge. In this issue we want to introduce you to one of our outstanding receptionists, Tami McCoy. She was a dental assistant for 10 years and came to join our Kidds Place family in 2006. She's been with us ever since!! She has two sons who keep her very busy running from soccer practices, and as the team manager for the Spokane Scotties. Her hobbies include gardening, archery, cooking and staying busy with her boys. She is one of our smiling faces who greets you at the door, answers your phone calls, and helps with your insurance and billing questions.



## Healthy Holiday Snack

### Pine Tree Fruit Kebobs



#### Ingredients

- Large pineapple
- Small skewers (we used 50 6-inch bamboo skewers)
- Assorted fresh fruit (we used grapes, strawberries, star fruit, and honeydew)

#### Instructions

- To make the tree trunk, remove the top and cut 1 inch off of the bottom of a large pineapple, then peel it (all a parent's job).
- On the skewers, thread three to five pieces of assorted fresh fruits.
- Starting at the bottom, insert the skewers into the pineapple at a slight angle. Top the tree with skewered slices of star fruit.
- After the branches are eaten, don't forget to slice up the tree trunk.

#### The Kidds Place

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