

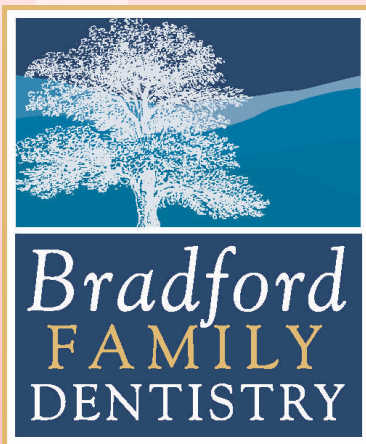
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Magical Smile Newsletter



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*"The best and most beautiful
things in the world cannot be
seen or even touched. They must
be felt with the heart."*

Helen Keller



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Dental Health Guide for Children

Caring for Your Child's Teeth

By [Vincent Iannelli, M.D.](#), About.com Guide

Parents often have questions about how to take care of their children's teeth. When should you start brushing? What kind of toothpaste is best? When should you go to the dentist? Knowing the answers to these questions can help you keep your kids' teeth healthy and cavity free.

Although you don't necessarily need to brush them yet, you should start cleaning your infant's teeth as soon as he gets his first tooth. At first, you can just use a wash cloth to clean your infant's teeth. As he gets more, you can use a soft children's toothbrush.

Because there is some danger if your child gets too much fluoride, your choice of toothpaste is important. Keep in mind that most brands of kids' toothpaste are fluoridated. They just have different flavors and popular characters on them to make them more fun for children, but that doesn't make it safe for your children to swallow too much of the toothpaste.

If using a fluoride toothpaste, use a small, pea-size amount of toothpaste, so that there is little danger of your child getting too much fluoride if he swallows it. And begin to encourage your child to spit out the toothpaste at a young age.

The other alternative for younger children is to use a non-fluoridated toothpaste, such as Baby Orajel Tooth and Gum Cleanser, until they are spitting the toothpaste out.

The timing of the first visit to the dentist is a little controversial. The American Academy of Pediatric Dentistry states that children should see a dentist when they get their first tooth and not later than 1 year of age. In contrast, according to the American Academy of Pediatrics, unless your child has risk factors for having problems with his teeth, such as sleeping with a cup or bottle, teeth staining, thumb sucking, etc., the first visit to the dentist should be by around the third birthday.

However, an early visit to the dentist is a good way to learn proper oral hygiene at an early age, including avoiding nighttime bottles or cups of formula or juice, proper tooth brushing, and a diet that promotes good dental health. You may also want to see a Pediatric dentist early if your child has a medical condition that puts him at risk of having dental problems, such as Down Syndrome.

Another important topic is figuring out if your child is getting enough fluoride. Children begin to need supplemental fluoride by the age of six months. If he is drinking tap water (either alone, or mixed with formula or 100% fruit juice), and you live in an area with the water is fluoridated, then he should be getting an adequate amount of fluoride. If he doesn't drink water, or is drinking well water, unfluoridated bottled water (most brands of bottled water don't have fluoride in them unless the label specifically states that they do), or filtered water, then he may not be getting enough fluoride to keep his teeth healthy. Talk with your Pediatrician or dentist about fluoride supplements.

Roast Beef Stromboli Recipe



A stromboli is a lot like a calzone: Pizza dough is wrapped around a filling of meat, cheese, sauce or just about anything you choose. Refrigerated pizza dough makes this roast beef stromboli a snap to prepare. You can serve these strombolis for dinner, lunch, or a snack. Or cut them in small pieces and serve them as an appetizer at your next party. **Prep Time: 15 minutes**

Ingredients:

- 1 package refrigerated pizza dough
- 2 Tbsp. Dijon mustard
- 1/2 pound thinly-sliced deli roast beef
- 4 oz. sliced Monterey Jack cheese
- 1/4 cup chopped roasted red peppers (optional)
- 1 large egg
- 1 Tbsp. water
- 2 Tbsp. grated Parmesan cheese

Preparation:

1. Preheat oven to 375 degrees F.
2. Unroll refrigerated pizza dough.
3. Spread mustard evenly over dough, leaving a 1-inch border all the way around.
4. Top with roast beef slices, then cheese, then roasted red peppers, if using.
5. Roll up lengthwise, jelly-roll style. Place on an ungreased cookie sheet.
6. Beat egg and water. Brush over stromboli. Sprinkle cheese on top of stromboli.
7. Bake 25 to 35 minutes, until golden brown on top and cooked through.

A Dad's Guide to Having Fun with the Kids on Valentine's Day

By Wayne Parker, About.com Guide



I hate to show my bias, but I really like Valentine's Day. I love taking the extra effort to help my wife know how much I love her, and this is a great day for just spoiling her beyond belief. But as I have come to learn over the years, it is also a great opportunity to share the spirit and feelings of Valentine's Day with my children. So, what can a dad do to have a great time with his children with this otherwise romantic holiday?

Spoil Your Daughters.

A number of years ago, I decided I needed to make a little extra effort for my girls so they would come to appreciate Valentine's Day. I know I set a bit of a high standard for their future boyfriends and husbands, but part of that is intentional on my part. Consider buying them a single rose in a little bud vase, or leaving them some conversation hearts or another Valentine treat where they can find it.

Help The Kids Take Care of Mom.

As dads know, Valentine's Day is pretty important to the women in our life. Taking some time ahead of the big day to help the kids think about how to recognize their mom will go a long way toward making their day special too. Whether or not you are still with their mom, helping them focus on her will be a real positive for them.

Host a Party.

Consider helping the kids plan and host a Valentine's Day party on or around February 14. Help them decide whom to invite, prepare invitations, decide on some games and get some treats together.

Have a Heart Attack.

One of my favorite Valentine's Day activities is called a heart attack. You and the kids pick someone who needs to know they are loved—maybe a friend, a relative, or one of the kids' friends-- and then you plan out the attack. Help the kids cut out lots of red construction paper hearts and glue them onto wooden skewers. Then, in the dark of night, stick them in the front yard of the person who is the subject of the attack. (If they don't have a front yard, use masking tape to tape them to the front door.) The kids will appreciate the opportunity to do a secret project for someone else and the attackee will have a much better Valentine's Day knowing they were remembered.

Remember Them at School.

While each child may feel differently about a school thing, they will appreciate the surprise during the day. For elementary school children, a treat or a surprise in their backpack might be a good approach. For high school or middle school kids, something in their locker would be a good idea.

Encourage Creativity.

Each child is different in their creative sides. Some may be writers; others may be artists; still others may be good with music. Valentine's Day is a good time to magnify their talents.

Have Fun with Conversation Hearts.

You know those little sugary candy hearts with words on them? Pull some out of the bag and make some fun sentences. See how creative you can be with them. Maybe pick the name of some friend and build some funny descriptions of them (good natured of course).

Have a Game Night.

Instead of a big party with lots of friends, you might want instead to have a quieter night at home playing some board games together. Pick up some the kids' favorite munchies and spend the evening together.

Watch Some Old Family Videos.

One of our favorite activities is to watch videos from our children's younger days. We have some great home movies of school programs, birthdays, soccer games and other events. The kids remember the fun times and they often laugh a little at each other's antics. The younger kids will especially like seeing the older ones as little tykes. Sharing memories like these will help build some new memories together.

Whatever you decide to do, make sure and stay involved with the kids through the process. Valentine's Day can be a time to make great memories that will last a lifetime and be recalled every year of their lives in February.

February Referral Prize of the Month!

Find CUPID this Valentines Day with a NEW GPS!!

The person with the most referrals during the month of February will win a GPS system!

Ask Andrea for more information!

With Heartfelt Thanks for Your Referrals

There's no question that I have the BEST patients on the entire planet.

My business is built on word of mouth advertising and I'd like to thank the following people who were kind enough to recommend my services to their friends.

Lori M., Andrea C., Antonella V., Warren M., Tyler R., Nelia C., Sandra T., Ryan G.

Thank you sooooo much!

Welcome New Patients!

Here are the new patients that became members of our practice family this last month! We'd like to welcome you publicly, and wish you all the best!

Eugene C., Frank T., Terry E., Lisa M., Paul D., Dave M., Thomas T., Doug P., Monique J., Malcolm O., James S., Victoria L., Kiley M., Sandy M., Jennie C., Kim G., Armido T., Anthony O., Anna N., Emily F., Kate T., Sreejita K., Mahi K., Aditya K., Nandita., Robin F., Rita S., Rob C., Linda B., Kimberly F., Kathy A., Rob V., Deborah N., Matthew S., Michael M.

We love giving recognition to our new friends and our wonderful existing patients who are kind enough to refer their friends and relatives to us!



Baby Evan – 1 yr old!

Valentines Special Offer

IN OFFICE TEETH WHITENING ONLY
\$299.00

upon completion of your regular exam.
(up to \$800.00 value)

Call Andrea

(905) 775-5307

to schedule your appointment and
get started on your beautiful smile!

Riddle of the Month

Last Month's Quiz Question!

What occurs once in a minute, twice in a moment
and never in a thousand years?

Answer: the letter M!

This Month's Quiz Question:

What goes up but never goes down?

Answer: Look for the answer in next
month's newsletter!

A Note from Dr. Chai...

Hey everyone. I wanted to wish everyone a Happy Valentines Day. We've been very busy at the office and at home. Evan just turned 1 year old on January 15, so we had a lot of fun with his first birthday party. Just like with Christmas, I think he had more fun with the wrapping paper, but he's really enjoying his new toys. Evan is still doing the furniture walk and pulling himself up on things. He's a really fast crawler and we have to keep a very close eye on him! He's not putting too much weight on apparently as he burns so much off moving around so much, but if I am correct he's still under 20 pounds. I've made a resolution to get back in shape, so I have been pleasantly surprised so far with the intensity of workout I'm getting on the Wii Active. I'll keep you posted if it's helping me lose weight or not, but man am I tired after the work out!

Things have been busy at the office. Ashley just attended a two day course on Orthodontics and is set for part two in March. We now have our permit for IV sedation (a new requirement for offices wanting to provide this service) so now not only can we provide oral sedation (which patients love as they don't remember a thing about the appointment), we can now offer a more controlled way to sedation with IV sedation for the super, super anxious patients. In November I also attended a gum grafting course to cover up those exposed root areas. So if you have receding gums and sensitive teeth we can help you out with that as well!

At the end of January, I attended session 1 of a 4 session implant course. It was a 3 day hands on course, very grueling, and mind spinning, but I survived. Session 2 is in February and I'm looking forward to learning more about implants and learning more of the complicated procedures so I can provide you with better service.

So a busy month indeed! Again have a happy Valentines day, and for my fellow Asians, Happy Chinese New Years as well!

Until Next time,

Dr. Chai

