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We make kids smile!

# Gator News

February 2016

## Monthly Contest



Announcing the  
**February Patient  
Contest**

We  Our  
Patients!

Andy has placed big hearts in the waiting areas of Alligator Dental (with his picture on them).

Enter the correct # of hearts on your ballot and enter to win a

**\$30 Gift  
Certificate to**



## Awesome Advice

FROM DR. SUKHI~

### Got Teeth?



New parents often ask:

**“When should my child first see a dentist?”**



Dr. Sukhi Jassar

The American Academy of Pediatric Dentists has a recommended rule to follow: 1<sup>st</sup> visit by 1<sup>st</sup> birthday - or as soon as 1<sup>st</sup> tooth appears.

At Alligator Dental we start seeing children as early as **6 months** of age. The idea of such early dental visits is often surprising to parents. However, national studies have shown that preschool-aged children are getting more **CAVITIES**. More than 1 in 4 children in the U.S. have at least one cavity by age 4, and some are as young as age 2.

To prevent cavities parents need to determine their child's risk of developing cavities. They also need to learn the best diet, hygiene and fluoride patterns to follow to prevent problems.

**At 1<sup>st</sup> dental appointments we focus a lot on parent education:**

- How to care for an infant's or toddler's mouth
- Proper use of fluoride
- Oral habits, including finger and thumb sucking
- Ways to prevent accidents that could damage face and teeth
- Teething and milestones of development
- The link between diet and oral health

Establishing excellent oral health is the best way to prevent early childhood cavities.

Healthy little smiles  
start from  
the beginning



# Gators in Action:

## Bad Breath Bob & Bad Breath Betty are BACK!

Each February Bad Breath Bob and Bad Breath Betty join the Alligator Dental doctors and team to help teach area 2<sup>nd</sup> graders the importance of great dental habits.

This fun, interactive presentation teaches the importance of brushing for 2 minutes, 2x's a day and how to properly care for teeth and gums. Things get pretty exciting when Bad Breath Bob or Bad Breath Betty come in and do it all wrong. The kids LOVE teaching them all the things they learned about good dental health!



Meet

## Alicia Arriaga

Receptionist at Alligator Dental in Seguin!

### Family Info:

I have so much family that I couldn't even get them to fit into one building!

### Favorite Place to Eat:

I love to eat so any kind of food sounds good to me!

### Favorite Store to Shop At:

Charming Charlies

### Favorite Kids Movie:

Finding Nemo

### Favorite Place to Visit:

Cancun Mexico

### Something Unique about me:

Speed typing!

I never thought I could type so fast until I started working at Alligator Dental!

# Recipe: Miranda's Meatloaf

-Compliments of Kelly from Alligator Dental in San Marcos

### Ingredients:

- 2 lbs. ground beef
- 1 lb. ground breakfast sausage (mild or regular)
- ½ sleeve finely crushed saltines or Ritz crackers
- 2 eggs
- 1 dash Worcestershire sauce
- 1 tsp. prepared mustard
- ½ cup brown sugar
- ¼ cup ketchup
- ½ cup finely chopped bell pepper
- ½ finely chopped onion

**Topping:** 1 cup ketchup + ¼ cup brown sugar - blended together.



### Directions:

1. Mix all the above ingredients together (best option: dig in with both hands!).
2. Put into a baking dish - casserole or loaf pan
3. Bake at 350 degrees for 1 hour.
4. Prepare topping while bakes
5. After baking, pour off grease. Spread tipping generously.
6. Place back into oven for 15 minutes to bake.
7. Cool 5-10 minutes prior to cutting



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