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We make kids smile!



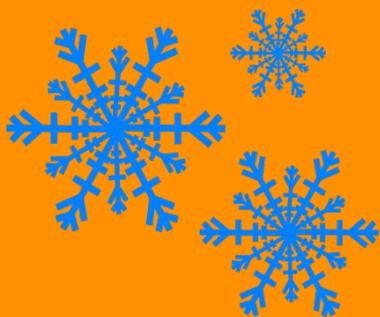
January 2017

Gator News



Announcing the
January Patient
Contest

Guess how many
snowflakes
are in the jar!



Enter to win a
Family Game
Night Pack
with treats & a Pie
Face Game!



Awesome Advice

From Dr. Matthew ~



Attack of the Sugar Bugs!



Dr. Matthew
Gillham

Sugar is everywhere! Especially with Holiday leftovers! The New Year is a great time to start fresh and resolve to combat sugar and it's damaging effect on little teeth.

The **key to success** is to set limits. How often and when a child consumes sugar is as important as how much they consume. When a parent limits the frequency and duration of sugar exposure for their child they are one step closer to winning the war!



5 Simple steps to limit sugar:

- 1) Sippy Cups: Fill with water only. Children shouldn't sip on sugary drinks. If you give your child beverages other than water serve them in a regular cup. If you do choose to use a sippy cup give limits to how quickly they need to finish the drink, then take the cup away.
- 2) Bed Time: Don't allow a child to go to sleep with a bottle of milk. Milk contains natural sugars that can weaken teeth. If your child uses a bottle in bed it should be filled only with water.
- 3) Juice: Children 1-6 years of age should only consume 4-6 oz. of fruit juice per day. The best way to serve juice is in a regular cup as part of a meal or snack.
- 4) Candy: Limit candy consumption. Sucking on candy extends exposure to sugar. Brush teeth after consuming candy.
- 5) Brush & Floss!: Have your child floss daily & brush after meals and snacks.



Gators in Action:

Alligator Dental had a great time sponsoring various Holiday Events in December!

We hope you had a Merry Christmas!



Debut of our 10' inflatable tooth & Gator Green Mint Cocoa at the Seguin Sip & Stroll!



Having a blast with Santa as sponsor of the Sights & Sounds of Christmas in San Marcos!



Meet Lana Sorrell
Business Operations Manager
at Alligator Dental Seguin!

Family Info:

I was married for 30 years to an amazing husband. We have 3 beautiful children Brody 30, Stephanie 28, Steven 21. I have one grandson who is almost a year old!

Favorite Place to Eat:

El Ranchito

Favorite Store to Shop At:

HEB – because I love to cook

Favorite Kids Movie:

Shrek

Favorite Place to Visit:

Port Aransas

Something Unique about me:

Two of my children were born on Holidays: Valentine's Day and Halloween. My grandson was born on New Year's Eve!



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Recipe: Candied Popcorn Stars

-Compliments of Jerrica from Alligator Dental in Seguin

Ingredients:

- 1 cup sugar
- 1/3 cup light corn syrup
- 1/3 cup water
- 2 Tablespoons butter
- 1/4 teaspoon salt
- 1 teaspoon vanilla
- 8 cups popped popcorn
- 1/3 cup red and/or green nonpareils
- 1/4 cup cinnamon candies



Directions:

1. Combine sugar and next 3 ingredients in a heavy saucepan. Cook over medium-low heat, stirring often, until butter melts and sugar dissolves. Increase heat to medium; bring to boil. Cook, without stirring, until candy thermometer registers 255 degrees F.
2. Remove from heat; stir in vanilla. Quickly pour mixture over popcorn; toss gently to coat. Add nonpareils, tossing gently to combine.
3. Moisten or grease hands. Working quickly, press the mixture into a 5-inch star shaped cookie cutter. If candied corn becomes too hard to shape, place in warm (200 degree F) oven for a few minutes to soften.