

Practice Newsletter

Miller's Smilepost

Oct 01, 2009

In this Newsletter:

2009 Post Card Winners

We are excited to announce the winners of our 2009 Post Card Contest.

Christian Gonzalez won the IPOD radio & docking station for sending us a card from New Zealand. **New Zealand is approximatley 7,444 miles from Lakeway!**

The other winners, drawn at random, were:

Bailey Leonard - Gift Card from Target

Jeremy Rosart-Brodnitz - Mini DVD Player

Luc Schwent - DVD Player

Erin VanDoren - Gift Card from Target

Next time you are in the office, checkout our postcard book in the lobby. The cards are from everywhere - there are some really neat ones.

Again, Congratulations winners!

Halloween Safety Tips For Kids

By www.halloween-safety.com

Anytime a child has an accident, it's tragic. The last thing that you want to happen is for your child to be hurt on a holiday, it would forever live in the minds of the child and the family.

There are many ways to keep your child safe at Halloween, when they are more prone to accidents and injuries. The excitement of children and adults at this time of year sometimes makes them forget to be careful. Simple common sense can do a lot to stop any tragedies from happening.



- Help your child pick out or make a costume that will be safe. Make it fire proof, the eye holes should be large enough for good peripheral vision.
- If you set jack-o-lanterns on your porch with candles in

them, make sure that they are far enough out of the way so that kids costumes won't accidentally be set on fire. Better still use PumpkinLights.com to light pumpkins. They make a light that looks like a flickering candle flame!

- Make sure that if your child is carrying a prop, such as a scythe, butcher knife or a pitchfork, that the tips are smooth and flexible enough to not cause injury if fallen on.
- Kids always want to help with the pumpkin carving. Small children shouldn't be allowed to use a sharp knife to cut the top or the face. There are many kits available that come with tiny saws that work better than knives and are safer, although you can be cut by them as well. It's best to let the kids clean out the pumpkin and draw a face on it, which you can carve for them.
- Treating your kids to a spooky Halloween dinner will make them less likely to eat the candy they collect before you have a chance to check it for them.
- Teaching your kids basic everyday safety such as not getting into cars or talking to strangers, watching both ways before crossing streets and crossing when the lights tell you to, will help make them safer when they are out Trick or Treating.

Make Halloween a fun, safe and happy time for your kids and they'll carry on the tradition that you taught them to their own families some day!

For more on Halloween safety, see www.halloween-safety.com.

Foods to Avoid

For most situations, common sense will tell you what to avoid. Hard foods, sticky foods and foods high in sugar must be avoided. Hard foods can break or damage wires and brackets. Sticky foods can get caught between brackets and wires. Minimize sugary foods; they cause tooth decay and related problems. Nail biting, pencil and pen chewing and chewing on foreign objects should be avoided.



Examples of Sticky Foods to Avoid:

- Gum (sugar-free or regular)
- Licorice
- Sugar Daddies
- Toffee
- Tootsie Rolls
- Caramels
- Starburst

Examples of Hard Foods to Avoid:

- Ice
- Nuts
- Hard taco shells
- French bread crust/rolls
- Corn on the cob
- Apples and carrots (unless cut into small pieces)
- Bagels
- Chips
- Jolly Ranchers
- Pizza crust
- Uncooked carrots (unless cut)

Minimize Sugary Foods like:

- Cake
- Ice Cream
- Cookies
- Pie
- Candy

Only Once a Day:

- Soda
- Sweetened tea
- Gatorade
- Kool-Aid
- Drinks with sugar

It's important to regularly check your braces for bent or loose wires and brackets. In the event of a loose/broken wire or bracket, call our office immediately to arrange an appointment for repair.

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You have received this newsletter because your email address is registered with Dr. Stacy Miller