



# Preminger<sup>®</sup> Pediatric Dentistry<sub>PLLC</sub>

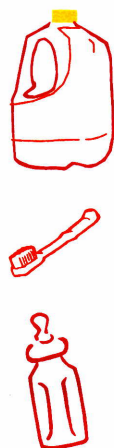
Dental specialists for children, adolescents, & special needs

## Preventative Measures



1. **Limit candy to four times a year: Christmas, Easter, Halloween, and Valentines. These are treats and should not be included as a part of your child's diet.**
2. **No Cokes, Dr. Pepper, Sprite, Kool-Aid, Hi-C, Sweet Tea, Strawberry or Chocolate Milk.**
3. **Dr. Boren would prefer your child to have water between meals. Milk or 100% juice with meals only.**
4. **Give children LOW sugar cereals or NO sugar cereals (i.e., plain Cheerios, Kix, or Corn Flakes). It is better to add 2 tsp of sugar to the no sugar cereals than to give high sugar cereals which can contain up to 8 tsp per bowl.**
5. **Use ketchup sparingly because it is loaded with sugar. Try to use on French Fries only.**
6. **Chew sugar free gum only.**
7. **Check labels!!! Stay away from items where the first, second, or third ingredient is sugar or corn syrup.**

## Proactive Measures



1. **White Milk, with meals or snacks only. No chocolate or strawberry should be added.**
2. **100% natural fruit juices with meals, excluding grape juices if possible.**
3. **Water - especially between meals. Our bodies were meant to run on water.**
4. **Brush and floss at least two times a day. Moms and Dads need to supervise as much as possible.**
5. **Never let an infant sleep with a bottle. The formula or milk will rot the teeth (when left in the mouth). Nursing a baby to sleep has the same result as a bottle. Not only do these types of practices cause tooth decay, but they can lead to severe ear infections.**
6. **Do not carry sippy cups with anything but water in them.**