



Page 32 Publishing

February
2025

Melissa M. Burch

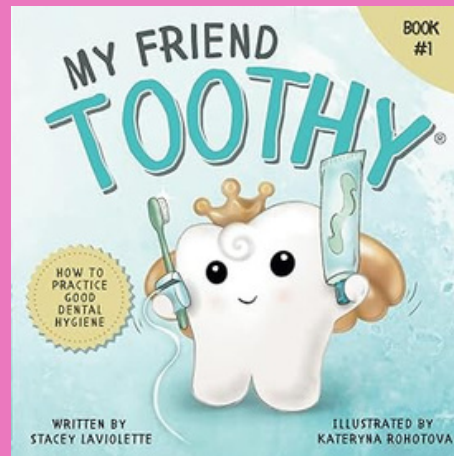
The Three Bears, Blondie, and Their Spaghetti

Dental Tips

- Schedule a happy visit by their first birthday.
- Let your child brush first, and you do a follow-up brush after.
 - Have toothbrushing and flossing parties as a family.
- Use a soft toothbrush with a pea-sized amount of toothpaste.
- Brush in a circular motion for two minutes.
- Replace your toothbrush every three months or after sickness.
- Limit Juice, sodas, and sports drinks.
 - Drink water after soda or acidic beverages.
 - If you must drink sugar/acidic drinks, do so quickly to reduce exposure time.
- Limit sugar and sticky foods. Choose healthy snacks.
 - Consider having an orthodontic evaluation between ages 7 and 9.
- Wear a mouth guard during sports.
 - Water flossers are an excellent option for cleaning around braces.
- Don't share drinks or eating utensils with others- you can transfer bacteria.
 - Visit the dentist twice a year.
- Discuss Fluoride, Sealants, Xylitol, and Hydroxyapatite toothpaste with your dentist for preventive care measures.

National Children's Dental Health Month

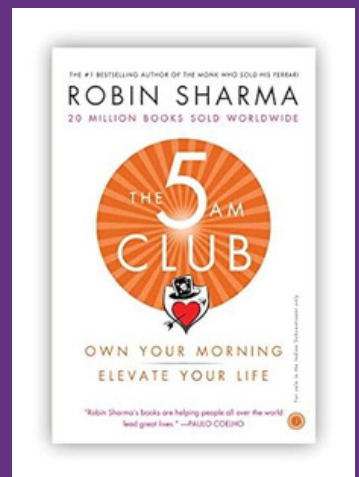
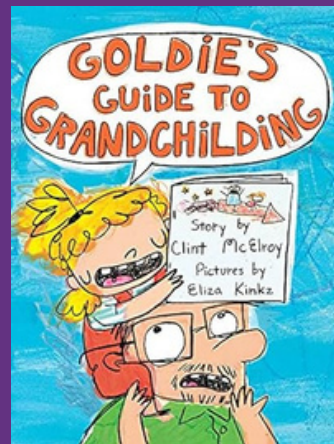
Stacey
Laviolette



***MAKES
BRUSHING AND FLOSSING FUN!***

www.myfriendtoothy.com

My Current Read



My kids (current)
favorite book

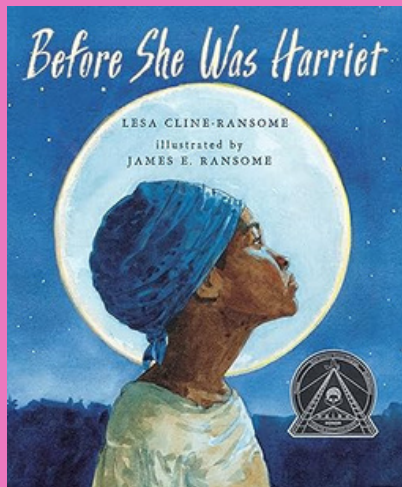
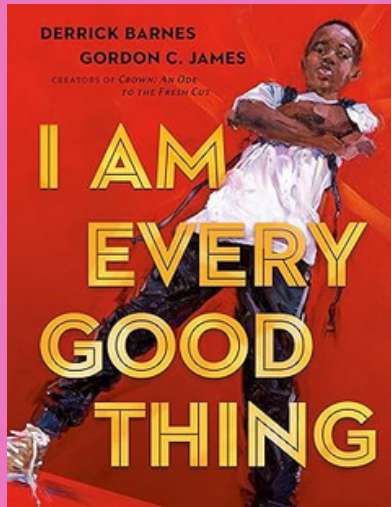
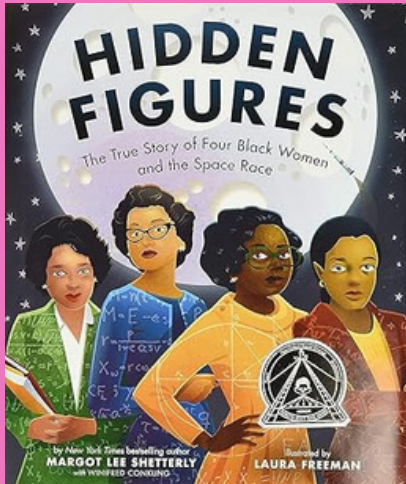
Mama Bear Tip:

Only floss the teeth you want to keep!

IDEAS TO CELEBRATE

BLACK HISTORY MONTH

Learn about Black history
support Black businesses
Read books, listen to
music and watch works
by Black creators.



"I have heard their
groans and sighs,
and seen their
tears, and I would
give every drop of
blood in my veins
to free them."
-Harriet Tubman

Melissa M. Burch

Lets Get Social



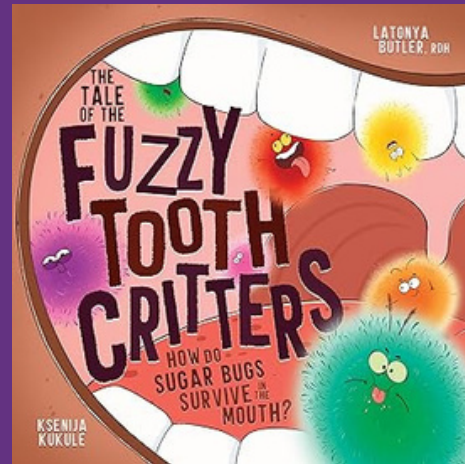
 page32publishing.com
 hello@page32publishing.com

 [instagram.com/page32publishing](https://www.instagram.com/page32publishing)

 [facebook.com/page32publishing](https://www.facebook.com/page32publishing)

Guest Author

LaTonya Butler, RDH.



A fun, humorous
and educational
picture book that
helps young
readers
understand the
importance of
dental hygiene
care and getting
rid of cavity-
causing sugar
bugs.

LaTonya is a passionate
registered dental hygienist,
and children's dental
advocate with over 20
years of experience in
healthcare and dentistry.
Her journey began in 2008,
when she embraced the
role of the "Brown Tooth
Fairy," visiting schools to
share stories and inspire
children to care for their
smiles.



LaTonya is the founder of Wish Upon a Smile™
program, an organization promoting
preventive dental education for kids while
empowering brighter smiles every day through
diversified children's literature and community
outreach services. She is dedicated to
eliminating disparities in children's dental
health and fostering a brighter, healthier
future.

 [instagram.com/thebrowntoothfairy](https://www.instagram.com/thebrowntoothfairy)

 <https://www.facebook.com/la.t.harris1>