

# Beat Brushing Boredom

Stock your medicine cabinet with these products to encourage your child to spend more time on her teeth.



### Smile Buddy Oral Care Kit

Perfect for sleepovers, the pack contains everything your kid needs for good dental hygiene away from home, including a brush, toothpaste, flosser, and a sand timer. \$5; drugstore.com

### Kid's Spinbrush My Way!

The battery-operated toothbrush comes with stickers so your child can make brushing a personalized process. \$7; drugstore.com

### Plackers Kids Flossers

Cut back on plaque with fluoride-coated disposable flossers that are designed for small hands. \$2.50 for a bag of 48; plackers.com



### Crest Pro-Health For Me Rinse

This anti-cavity fluoride rinse has a fun look and flavor that older kids will be psyched to swish. \$4; walmart.com



## STREET SMARTS

October 5 is International Walk to School Day. If you and your child are hitting the pavement, stroll safely by following this advice.

### MAP IT OUT

Pick a route with sidewalks that are well separated from the road and with as few traffic crossings as possible.

### BE VISIBLE

Have your kid wear retro-reflective materials such as a strip on her backpack or stickers on her clothes so drivers see her.

### CROSS WITH CAUTION

Walk across the street at corners with traffic signals or marked crosswalks and always hold your child's hand.

## Is Anesthesia Safe for Kids?

Yes. A new study found that a single anesthetic doesn't seem to affect long-term growth and development. In most cases, if a child needs an operation, there's more of a risk associated with not having the procedure.