



THE SUNTIMES

THE OFFICIAL NEWSLETTER FOR POTOMAC PEDIATRIC
DENTISTRY & FAMILY ORTHODONTICS

February 2021

Vol. 1

National Children's Dental Health Month



Potomac Pediatric Dentistry & Family Orthodontics is proud to participate with the ADA in providing resources and guidance for our community!

Brush your teeth

Make sure you are brushing 2x a day for at least 2 minutes!

Think of the wheels on a train; round and round, up and down and side to side



Floss at least once a day

Flossing everyday eliminates extra food particles and lowers the risk of cavities



Loosing baby teeth?

Looks like you're on your way to growing your permanent teeth!



Schedule your 6 month checkup

Unsure if you need to go to the dentist? Ask a parent to schedule you in!
Regular checkups are needed to keep your teeth healthy!



Braces?

Did you know that the recommended age for a consult for orthodontics is 7 years and above?! Ask your parents about scheduling in a consultation



Drink water!

Most water systems that we drink contain fluoride - A natural compound that helps strengthen enamel



Healthy Food Choices

Are you eating 5 fruits and veggies a day? Healthy food options are a great way to build strong teeth and reduce risks of cavities!



CONTENT

National Children's Dental Health Month

Valentine's Day 2021

Looking ahead: February



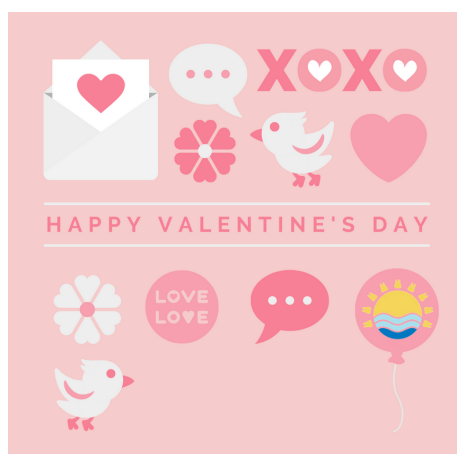
All month long, we are celebrating National Children's Dental Health Month! February is such an exciting month in Dentistry and we couldn't be prouder in participating!

Potomac Pediatric Dentistry and Family Orthodontics will be offering the best guidance and tips to all our patients and guests during each appointment.

We encourage all parents to talk to their children about healthy oral hygiene habits, good brushing techniques, flossing and eating healthy!

As a pediatric practice and family orthodontics office, nothing gives us greater joy than seeing healthy smiles and no cavities!

We look forward to seeing you this month!



SUPERBOWL Day

FEB, 3RD 2021

Join us in the spirit of Superbowl LV and wear your team's favorite jersey! We'll be wearing our team's colors on Wednesday February 3rd, 2021 to show our sportsmanship before the big game on Sunday!

We hope to see you wearing your jerseys during your appointments! Wishing good luck to the Tampa Bay Buccaneers and Kansas City Chiefs!



VALENTINE'S Day!

FEB, 10TH 2021

Stopping by for an appointment on Wednesday February 10th, 2021? After your appointment, stop by checkout to receive a special Valentine's Day goodie bag! We'll also be giving out flowers to each of our patients!

This is all part of our #Sharetheloveppdafo campaign during National Children's Dental Health Month! Be sure to like us on Facebook and follow us on our Instagram. Any tagged posts will be featured on our social media sites!



Looking Ahead

Coming in for a visit? Whether you're a new patient or returning, here's what you can expect in February:

- Covid-19 protocols still in place:
 - Be ready to keep up with screening questions, temperature checks, mask wearing and hand washing!
- Orthodontic Consultations are complementary! If you are coming in for a hygiene appointment and are interested in scheduling your child (or yourself!), you can schedule your appointments at check out!
- SUPER-BOWL DAY 2021!
- Our February Contest: #sharetheloveppdafo! Tag us using this hashtag across Facebook and Instagram, and be sure to follow us and like our page! You will be entered for a chance to win a Visa Giftcard!

