



"Smile Stars Pediatric Dentistry and Orthodontics is committed to you and your needs. This commitment is founded in a "faith and value centric" purpose through services and trust. We are truly blessed by the opportunity to be a positive influence in the lives of you and your children."

<p>★ STAR PATIENTS ★</p>  <p>#spreadkindness</p>	<p><b>OCTOBER</b></p> <p><b>October is National Dental Hygiene Month!</b>  <b>Follow us on Facebook and Instagram for helpful hygiene tips all month long!</b></p> <p>  <ul style="list-style-type: none"> <li>Smile Stars Pediatric Dentistry and Orthodontics</li> <li>Smile Stars-Prairieville</li> </ul> </p> <p>  <ul style="list-style-type: none"> <li>SmileStars1</li> <li>SmileStars_prairieville</li> </ul> </p>
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**Keeping Up Your Oral Health**

Regular dental visits play a critical role in maintaining your oral health — not only to find and remedy any problems with teeth or gums, but also to assess the general condition of your oral health, point out potential trouble spots, and offer suggestions for preventive care. In between visits, the best way to keep your teeth clean and free of disease, your gums pink and healthy, and your breath fresh, is a program of daily oral hygiene. Your regular routine should include brushing and flossing. You should brush at least twice a day and floss at least once daily. This will help remove plaque, a bacteria-laden biofilm, from the surfaces of your teeth. The bacteria in plaque can turn sugars from food into acids, which attack the tooth's enamel and cause tooth decay. Some bacteria can also cause gingivitis and other gum diseases. You also want to insure you are getting enough fluoride. Fluoride strengthens tooth enamel — it's essential for children's developing teeth, and helps prevent decay in both kids and adults. Even if your municipal water is fluoridated, you should always use fluoride toothpaste. If more fluoride is needed, it can be applied directly to your teeth here at the dental office.

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### Protecting your child!

Swimming, especially for younger swimmers, is not like riding a bike. Swimmers will not hop back in after many months of not swimming and remember their skills. Even more concerning, the possibility of a water emergency is not isolated to the summer months, so it is important to maintain regular practice! Don't start from square one each summer or let these life-saving skills fizzle out with the summer months. Water Safety Matters, No Matter the Season!

[www.crawfishswimschool.com](http://www.crawfishswimschool.com)



@PJSBAYOUOAKS



## Halloween Banana Popsicles

- 4 large fresh bananas
- 1 cup nonfat Greek vanilla yogurt
- 2 tablespoons powdered sugar
- Mini semi-sweet chocolate chips — for eyes
- 16 popsicle sticks
- 1/3 cup creamy natural peanut butter



## GHOST & MUMMY BOO-NANAS



- For the Banana Popsicle Ghosts: Line a large baking sheet with parchment paper. Peel 2 bananas and slice each in half, cross-wise. Slice each half in half again "long" ways. Insert a popsicle stick into the bottom of each and place on baking sheet.
- For the Banana Popsicle Mummies: Cut the pointy tips off of the 2 remaining bananas, then slice the bananas crosswise into 3 equal round "logs." Insert a popsicle stick into one end of each, then place on the baking sheet. Freeze all banana pops for at least 30 minutes or overnight.
- In a small bowl, mix together the frozen yogurt and powdered sugar. Once the bananas are frozen, dip them into the yogurt mixture, then return them to the lined baking sheet. Place 2 mini chocolate chips on each of the ghosts for eyes. Do not place the eyes on the mummies yet. Return to the freezer for at least 1 hour to allow the yogurt to set.
- For the mummies, place the peanut butter in a small, microwave-safe bowl, then heat until smooth and creamy, about 30-45 seconds, stirring as needed. With a small spoon, drizzle on top of the banana mummies to make "bandages." Place mini chocolate chips for eyes. Return to the freezer until the peanut butter is firm, about 30 additional minutes. When ready to serve, let the banana popsicles soften at room temperature for a few minutes. Enjoy!

<https://www.wellplated.com/halloween-banana-popsicles/?crlt.pid=camp.oGPH31lzzkT>