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# ZERO CAVITY CLUB

A newsletter by Dr.Snehal Hendriques

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 Zero cavity



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## TIPS TO MAKE BRUSHING EASY AND HASSLE FREE FOR BOTH YOU AND YOUR KID...

- Do it together...
- Make it fun.. make it a game.
- Play music or his favourite song or youtube for two minutes.

DISTRACTION is the key..

- Let them pick their own toothpaste, tooth brush. Let it be sparkly and shiny and with lights



# Healthy Snacks for Kids That Won't Damage Their Teeth!



## SUPER HEALTHY KIDS



Switch fruit juices for water. We could all do with drinking more anyways!



Alternate fruit snacks with vegetable snacks such as carrot sticks or chopped peppers!



Where possible, look for foods that have 'no added sugar'



Keep sweet treats for the weekends, special occasions such as parties or the cinema



# Frozen Yogurt & Berry Ice Cream Pops

These Yogurt and Berry Ice Cream Popsicles make it OK to eat dessert anytime, even the kids are going to have a hard time understanding why you say 'yes' to the 'Can I have another one?' question.



## Ingredients:

2 Cups Greek Yogurt (full fat)

1 – 2 tablespoons honey (taste test as this will depend on the sweetness of your fruit. If fruit is sweet enough, you can leave this out all together)

1 cup frozen blueberries

2 cups frozen strawberries

## Instructions:

Add yogurt, berries and honey to your blender. Blend until smooth,. Pour into your Popsicle molds.

Freeze for 3 hours until firm

Remove from mold and serve.





*They say it, we love it!*

**I absolutely had a very good experience at Zero Cavity Clinic.**

**I'm visiting Dr.Dhruti from past few weeks for my 5 yr old son's dental treatment. I'm very happy and relaxed during and after the sessions as my kid never complaint about any sort of discomfort.**

**Dr. Dhruti is very patient and handled my son very well during sessions, answering all his queries (trust me he has many everytime). I visited many dentists in past for my kid but nvr gained faith on anyone, except here. I'm very happy I made this decision.**

*Mrs Seema Taneja*

