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We make kids smile!

Gator News

May 2015

Monthly Contest



ENTER to
WIN!

Announcing the
**May Patient
Contest...**

Andy Wants to Know!

What did your Mom or
Grandma like to do
when they were your
age?



Cast your ballot for a
\$25 Gift Certificate for
lunch out with Mom or
Grandma!

Awesome Advice

FROM DR. ADEEL

Sippy Cup Do's & Dont's



Dr. Adeel Khan



Parents love sippy cups!

This great tool helps prevent spills and encourages independence in children as they transition from a bottle to a cup.

However, this convenience often leads to prolonged and frequent use of the sippy cup – which can put children at a higher risk for dental cavities.

To help parents reduce the risk of dental cavities the American Academy of Pediatric Dentistry offers parents the following guidelines on proper use of sippy cups:

- The sippy cup is a training tool to help children transition from a bottle to a cup. It shouldn't be used for a long period of time. It's not a bottle and it's not a pacifier.
- Unless being used at mealtime, the sippy cup should only be filled with water. Frequent drinking of any other liquid, even if diluted, from a bottle or no-spill training cup should be avoided.
- Sippy cups should not be used at naptime or bedtime unless they only have water in them.

Using a sippy cup as a transitional tool and for limited duration is the best way to take advantage of this convenient cup!

For more information check out the AAPD guidelines:
<http://www.mychildrensteeth.org/education/sippycup/>

Gators in Action:

Alligator Dental LOVES to sponsor FUN community events for kids!

**FARMER FRED'S GARDEN
Spring Carnival**
San Marcos ~ April 2015



Earth Day Festival
Seguin ~ April 2015



Meet
Elizabeth
Adkins -

**Patient Account Specialist
at Alligator Dental in
Seguin!**

**Position at Alligator Dental and
what you really do:**

I am the Patient Account Specialist. I make sure that we have correct insurance information and check patients out at the end of their appointment.

**Favorite Thing about working
at Alligator Dental:**

My co-workers and meeting all the awesome kids!

Family Info:

I spend most of my time with my husband. We don't have kids of our own yet but hope to some day.

Favorite Place to Eat in Seguin:
Great Wall - I love Chinese!

Favorite Store to shop at:
Torrid - the fashions there are Amazing!

Recipe: 7 LAYER DIP

-Compliments of AnnaMarie from Alligator Dental in San Marcos

Ingredients:

- 1 cup refried beans
- 1 cup sour cream
- 1 cup guacamole
- 1 cup mild salsa
- 1 cup Mexican blend cheese
- Sliced olives
- Diced tomatoes

Directions:

1. Layer all ingredients in order listed.
2. Serve with tortilla chips



Everyone has his or her favorite version of 7 Layer Dip. This simple recipe is my favorite and is always requested by friends and family.

Enjoy! - AnnaMarie