

Good habits lead to success

Back-to-school tips for your kids

Every parent wants their children to enjoy school and reach their personal best in academic performance. Here are some home responsibilities to help:

1. Brush and floss after waking.

Remind kids that a thorough plaque removal will reduce the risk of decay, bad breath, and uffuzz on their teeth.

2. Eat a healthy breakfast. Skipping breakfast or running out the door with a sugary snack is not uncommon today. Breakfast literally means “break the fast” and if you can provide a plant-based nutritional start to the day, every cell in your child’s body will be healthier, from brain cells to blood and organ cells.

3. Avoid sugared breakfast cereals. If you are going to purchase a commercial cereal, buy an unsweetened variety. If you catch flack, put the sugar bowl back on the table. There’s no way they’ll add as much sugar as the cereal manufacturers do!

4. Pack lunches from home. Include many bright colored fruits and veggies. Fiber is our #1 nutritional deficiency, and plants with more color deliver more micronutrients and cancer fighting elements. Increasing variety also help children develop a broader palate for a future of health.

5. Carry a personal BPA-free reusable water bottle. A refillable bottle will help your child develop a habit of staying hydrated with the liquid on the planet—good old tap water. It is considered safer than bottled, plus it contains fluoride which helps build decay-resistant developing teeth.

6. Steer clear of sweetened drinks. These include juice, sports drinks, soda and chocolate milk. Don’t be misled by the suggestion that sports drinks and chocolate milk are good electrolyte replenishers. They’re giving your child a sugar load that converts to fat (including dangerous organ fat), and greatly increases the risk for type 2 diabetes,

heart disease and caries disease (tooth decay).

7. Sleep tight! Sleep deprivation wrecks school performance and good moods. One of the greatest gifts you can give your children is the opportunity for a good night’s slumber. Deep sleep is critical for repairing human cells, so keep all electronics (bright lights and sound) out of the bedroom. Bed time doesn’t always mean sleep time, so if your child complains about not being tired, provide a book or pen-n-paper by the bedside—not a TV, tablet or cell phone.



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