

### It's back to school time again.

While some parents may be excited to get their children off to school, others are worried about the onslaught of sicknesses their children will become infected with and may spread to the rest of the family. Ear infections, colds, the flu and strep throat are the most common illnesses children get during the school year. Although children will undoubtedly get sick during the school year, you can help them avoid it as much as possible.

Let's discuss ways to avoid getting sick. Here are a few familiar tips to teach your children that can stop a sickness before it gets to them.

- Wash your hands regularly
- Get a sufficient amount of sleep each night
- Drink plenty of fluids and eat nutritious food
- Avoid touching your eyes, nose or mouth
- Get a flu shot



If you use these guidelines and teach your children to use them as well, you might possibly cut down on the risk of you or your child getting sick, which is appealing to everyone!



Jaxon & Jorja



Dr. Seuss' sons Nick & Joey



Aiden, Cooper, Rusty & Kaylee Ann



Carson is cavity free!

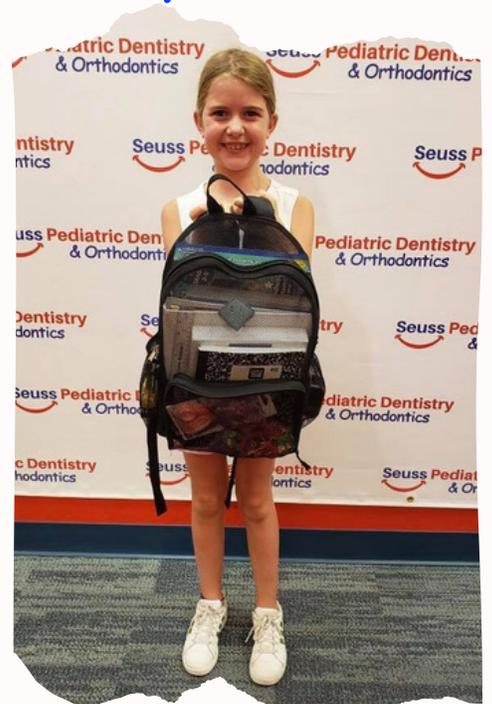
## Cavity Free Club

Announcing Seuss Pediatric Dentistry & Orthodontics Cavity Free Club! After every dental cleaning in the office, if your child is cavity free they will receive a certificate with their name on it and our congratulations for a job well done. They also are entered into a monthly drawing for a \$25 gift card.

## Enter to Win Our Contests!

Seuss Pediatric Dentistry & Orthodontics have fun contests going on throughout the year! Your chance to win could be anytime. Check the contest page and social media often to see what is up for grabs. If you don't play you can't win!

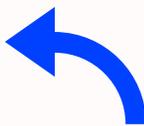
## Backpack Winner



Congratulations Zara!  
Two More Games Left!



Congratulations Romane!



Globetrotter ticket winner.

Click here to enter!



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Thank you for referring your family and friends!