

Dear Bright Healthy Smiles Family and Friends,

At Bright Healthy Smiles, we believe that your child's oral health is deeply connected to their overall well-being. Because nutrition plays such an important role in protecting your child's teeth and gums, we encourage all children diagnosed with a cavity to schedule a complimentary visit with Kristen, our Registered Dietitian.

Kristen is here to help identify dietary habits that may be contributing to your child's cavities and to offer realistic, personalized guidance based on your family's preferences and needs. Please note that this consultation is focused exclusively on your child's dental and oral health.

Here is what you can expect:

- A review of your child's daily eating and drinking habits as they relate to tooth health
- Simple, realistic dietary recommendations to support a cavity-free smile
- Answers to any questions you may have about the connection between diet and oral health

If you are unable to meet with Kristen during your visit, she is also available for a convenient phone consultation.

If you have any questions before or after your appointment, please don't hesitate to reach out. Our office manager Klea Toska and the team will be happy to answer any questions you have.

We look forward to your child's next visit!

✉ Info@brighthousemiles.com

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