

Beat Brushing Boredom

Stock your medicine cabinet with these products to encourage your child to spend more time on her teeth.



Smile Buddy Oral Care Kit

Perfect for sleepovers, the pack contains everything your kid needs for good dental hygiene away from home, including a brush, toothpaste, flosser, and a sand timer. \$5; drugstore.com

Kid's Spinbrush My Way!

The battery-operated toothbrush comes with stickers so your child can make brushing a personalized process. \$7; drugstore.com

Plackers Kids Flossers

Cut back on plaque with fluoride-coated disposable flossers that are designed for small hands. \$2.50 for a bag of 48; plackers.com

Crest Pro-Health For Me Rinse

This anti-cavity fluoride rinse has a fun look and flavor that older kids will be psyched to swish. \$4; walmart.com



STREET SMARTS

October 5 is International Walk to School Day. If you and your child are hitting the pavement, stroll safely by following this advice.

MAP IT OUT

Pick a route with sidewalks that are well separated from the road and with as few traffic crossings as possible.

BE VISIBLE

Have your kid wear retro-reflective materials such as a strip on her backpack or stickers on her clothes so drivers see her.

CROSS WITH CAUTION

Walk across the street at corners with traffic signals or marked crosswalks and always hold your child's hand.

Is Anesthesia Safe for Kids?

Yes. A new study found that a single anesthetic doesn't seem to affect long-term growth and development. In most cases, if a child needs an operation, there's more of a risk associated with not having the procedure.

MOM AND CHILD: VAG STODOLSKI/GETTY IMAGES; PRODUCTS: PETER ARBOTO