



If you take care of your teeth, they'll take care of you. Or so the saying goes. At least according to Sam on West Wing. And I'm mentioning that in order to stall, and avoid saying that I haven't been to the dentist in about four years. It's been about two and a half or three for my kids. So, when we were invited to an event at **apple seeds** hosted by Oral-B, I was a little ashamed that I was going to go talk about kids' oral health when I hadn't been taking care of it in my own family! So, I got on the phone and made an appointment for the kids. It's in two weeks. I haven't made one yet for myself, but I will, I swear.



The event was held in a **fantastic Manhattan playspace**, the kind of place where the kids probably dress better than I do (not that that's a real high bar). Luckily, the place was closed down for our event, so I didn't have to endure Manhattan toddler envy. A small group of bloggers and their families mingled and ate, and then the parents got down to business (note to self: do not eat a big plate of tasty-but-stinky cheese at the beginning of an event - I should have grabbed some toothpaste!). We were there to hear a talk given by **Dr. Laura Jana**, a pediatrician who also runs a daycare and consults for lots of different groups and organizations (yes, she totally made me feel like an under-achiever). I liked her immediately - she has a very no-nonsense but friendly manner, infused with humor. And when we asked her something she didn't know the answer to, she said so.



As I was leaving and getting my gift bag, my hosts offered me an extra one to give away, and here it is! It's filled with tons of great stuff: a huge assortment of kids' toothbrushes and toothpaste from Oral-B, fun bathroom stuff from **Pottery Barn Kids**, and two books by Dr. Laura Jana that she signed for the winner - one about newborns, and one about kids and food. The contest ends around noon eastern on Friday the 13th. For full giveaway rules, please go to my **Giveaway Rules page**.