

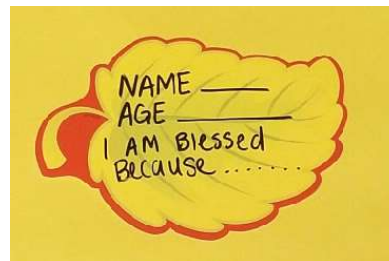
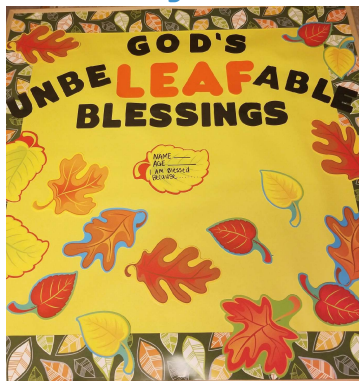
# Smile Stars

Pediatric Dentistry & Orthodontics



"Smile Stars Pediatric Dentistry and Orthodontics is committed to you and your needs. This commitment is founded in a "faith and value centric" purpose through services and trust. We are truly blessed by the opportunity to be a positive influence in the lives of you and your children."

Our sweet patients  
are unbeLEAFable  
blessings to us!



During the month of  
November, patients  
will be encouraged to  
take part in  
expressing what they  
are thankful for.

## ★Star Patients★

Avery and Sydney rocked their  
1<sup>st</sup> visit with us! We are so happy  
to have them as our newest  
Smile Stars.



## Field Trip Fun with Jeremiah

We were delighted to have students from Mudbug Academy visit us for a field trip last week. The students experienced what it is like to visit the dentist. Our dental hygienists reviewed healthy food choices and the importance of brushing for two minutes, two times a day. Each child had the opportunity to sit in the dental chair and were introduced to dentistry through fun and engaging activities. This is a great way to help them feel more comfortable when they go to the dentist for their first visit or their next routine appointment. If you think that your child's school would be interested in taking a field trip to our dental office or having a hygienist come to their school, please contact us for further information. We are passionate about teaching children the importance of oral hygiene and most of all, making it a fun experience.



## Make Brushing Fun!

### Have 4 minutes of fun

Don't just set a timer and supervise – make brushing twice a day for two minutes an event! Crank up your child's favorite song and have a two-minute dance party. Videos or brushing apps may also make that time fly by. Try reading a 2-minute story using all your best voices. Whatever you do, get creative and switch things up so brushing time is always a good time.

### Start a Routine and Stick to it

You may be tempted to let your child skip brushing after a long day or during times when your normal schedule is off (like vacation), but keep at it. The more second nature brushing becomes the easier it will be to make sure your child is brushing twice a day for two minutes.

### Reward Good Brushing Behavior

What motivates your child? If its stickers, make a reward chart and let him add one every time he brushes. If he is a reader, let him pick out the bedtime story. Maybe it is as simple as asking to see that healthy smile, saying "I'm so proud of you" and following up with a huge high five.

### Characters Count

Who is the character your child can't get enough of? Many children's shows and books, including *Sesame Street*, have stories about brushing. Watch and read them together, so when it is time to brush you can use that character as a good example.

### Make Brushing a Family Affair

Your children learn from you, so set a good example. The family that brushes together has even more reason to smile.

www. Mouthhealthy.org

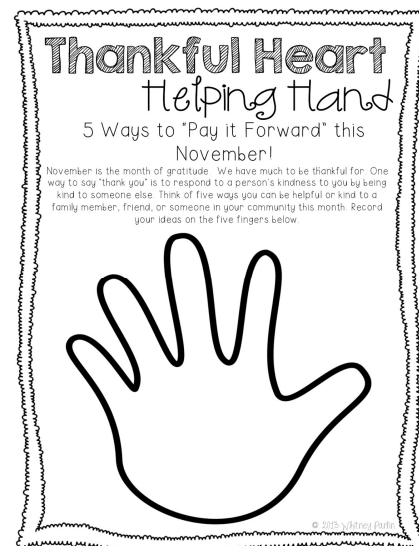
## Pay it Forward:

Thanksgiving is a time to express gratitude and to reflect on what we are thankful for. We hope that this month as you reflect on the people that have blessed you in life that you take part in spreading that same kindness to others.

The "Thankful Heart, Helping Hand" activity is a wonderful way to encourage your children to "pay it forward" by listing out five simple ways to spread kindness to others.

Printable PDF:

<https://drive.google.com/file/d/0B48-ntEITqaKNjZVOHFPQm9xZIE/edit>



## BAYOU OAKS 73- NEWS & EVENTS

Bayou Oaks 73 1<sup>st</sup> Annual Trunk or Treat was a success thanks to the wonderful people of Ascension Parish. We truly enjoyed meeting all of you and seeing the sweet smiling faces of all the trunk or treaters! Stay tuned, as this is just the beginning of many fun events at Bayou Oaks 73.

