

# 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."

## Happy New Year

Thank you to our wonderful family of patients that make Smile Stars such a special place. We are blessed for the opportunity to care for the children entrusted into our care. We look forward to an amazing year with each of you!

# 2019

## ★ Star Patient ★

Nova did amazing for her 1<sup>st</sup> visit with us. Keep shining bright sweet girl!



## School Visits

We loved visiting Lowery Elementary School in December to teach 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> graders the importance of oral hygiene and healthy food choices.



## Healthy Oral Habits for the New Year

- 1. Oral hygiene regimen-** Brushing twice daily for two minutes with a soft bristle toothbrush will remove plaque, a bacteria-laden biofilm, from the surfaces of your teeth. The bacteria in plaque can turn sugars from food into acids, which attack the tooth's enamel and cause tooth decay. Some bacteria can also cause gingivitis and other gum diseases.
- 2. Well-balanced diet-** The teeth, bones and soft tissues of the mouth require a healthy, well-balanced diet. A variety of foods from the five food groups help minimize and avoid cavities and other dental problems. Consuming sugary and starchy foods should be limited, including candies, cookies, chips and crackers. Healthier foods, such as vegetables, low-fat yogurt and cheeses, help promote stronger teeth.
- 3. Fluoride-** Fluoride strengthens tooth enamel — it is essential for children's developing teeth, and helps prevent decay in both kids and adults. Even if your municipal water is fluoridated, you should always use fluoride toothpaste.
- 4. Sealants-** The grooves that form the chewing surfaces of the permanent molars are extremely difficult to clean of bacteria and food. As the bacteria react with the food, acids form and break down the tooth enamel, causing cavities. Tooth sealants can protect these areas by sealing the grooves, preventing bacteria and food particles from accumulating and essentially prohibiting the formation of cavities.

## Smile Stars

### 39 Ways to be *Simply Significant*

1. Drink **plenty** of water.
2. Eat breakfast like a king, lunch like a prince, and dinner like a beggar.
3. Eat more foods that grow on **PLANTS** and less that are manufactured in **PLANTS**.
4. Live with the 3 E's - **ENERGY, ENTHUSIAM, and EMPATHY**.
5. Make time to **PRAY**.
6. Play more games.
7. Read **more** books than you did last year.
8. Sit in *silence* for at least 10 minutes a day.
9. **Sleep** for 7 hours.
10. Take a 10-30 minute walk daily; *reflect*.
11. Do not compare your life to others. You have no idea the journey they are on.
12. Do not have **NEGATIVE** thoughts on things you cannot control, but instead, invest your energy in the **POSITIVE** ones.
13. Do not overdo it; keep your limits!
14. Do not take yourself so seriously, no one else does.
15. Do not waste precious energy on gossip.
16. **Dream** more while you are awake.
17. Envy is a waste of time, you have **ALL** you need.
18. Do not remind your partner of their mistakes. Forget the issues of the **past** or it will ruin your **present** happiness.
19. Do not hate others, life is too short
20. Make peace with your **past** so it will not spoil your **present**.
21. No one is in control of your happiness, except **YOU**.
22. Realize life is like a school, you are here to learn; however, the lessons you learn will last a lifetime.
23. Smile more. Laugh more.
24. You do not have to win every argument; agree to disagree.
25. Call your family often.
26. Pay it forward every chance you get.
27. Forgive everyone, for everything.
28. Spend more time with people over the age of **70** and under the age of **6**.
29. Try to make at least **3** people smile each day.
30. What others think of you is none of your business.
31. When you are sick, your friends will take care of you. Stay in touch.
32. **Do the right thing!**
33. Get rid of anything that is not *useful, beautiful, or joyful*
34. **GOD** heals everything.
35. No matter the situation, good or bad, it will *change*.
36. However you are feeling; **get up, dress up, and show up**.
37. The best is yet to come!
38. When you awake, thank **GOD** for another day.
39. Your inner self seeks happiness; let yourself **BE HAPPY!**

## Community Events

Come see the Smile Stars Team at the St. Elizabeth Family Fest held at the Lamar Dixon Expo Center on January 19<sup>th</sup> from 9:00 AM-1:00 PM. Learn about fun ways for families to stay healthy together through fun, physical activity, healthy eating habits and preventative care at this **free** event! There is something for the whole family, including fun inflatables, cool activities, exciting demonstrations, interactive games, interesting exhibits, and more. Be sure to stop by the Smile Stars booth!



## Did you know?



### Shark Teeth!

Sharks lose their teeth every week and some can have as many as 20,000 teeth in a lifetime



## BAYOU OAKS 73- NEWS & EVENTS

### Crawfish Swim School

- Offering indoor pool parties, 12 months of the year!
- Select your date and party add ons (pizza, balloon, cake packages) from the online booking calendar:  
<http://www.crawfishaquatics.com/parties/prairieville/parties-b/>



### Mudbug Academy

- Registration for new students at Mudbug Academy for the 2019-2020 school year will begin Jan. 15th! Please email [Vicki@mudbugacademy.com](mailto:Vicki@mudbugacademy.com) or call 744-4414 to be put on the waiting list. We accept students ages 2-4 whose birthday is by September 30th, 2019.



### PJ's Coffee

- Introducing our newest beverages: (for a limited time only)
  - ZULU Coconut Iced Mocha and the King Cake Protein Velvet Ice & Latte

