

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."

National Children's Dental Health Month

February is National Children's Dental Health Month, which is a month-long national health observance for raising awareness about the importance of oral health. It is for promoting the development of good dental habits at an early age. It is also a reminder of the importance of getting regular dental check-ups that are beneficial in getting an ideal start in a lifetime of having healthy gums and teeth.

This year's NCDHM campaign slogan is **"Brush and clean in between to build a healthy smile"**

Star Patient



Keep shining bright Karma! We are so glad you joined our Smile Stars family.

Guide to Fluoride

Did you know dental cavities are the most common disease in children and adults worldwide? Fluoride is one of the best and safest ways we can prevent cavities for children and adults alike.

Here's how fluoride works. Your mouth contains bacteria that feed on the sugars in the foods we eat and the beverages we drink. This produces acid that can wear away the hard, outer shell of your tooth (enamel). This can lead to cavities. Fluoride protects teeth by making your teeth stronger and more resistant to acid. It not only reduces the risk of cavities, it can even help reverse early signs of decay. Due to its success in preventing cavities, fluoride in water was named a top public health achievement in the 20th century.

0-3 yrs.

No more than a tiny smear of fluoride toothpaste the size of a grain of rice.



3-6 yrs.

No more than a pea-sized amount of fluoride toothpaste.

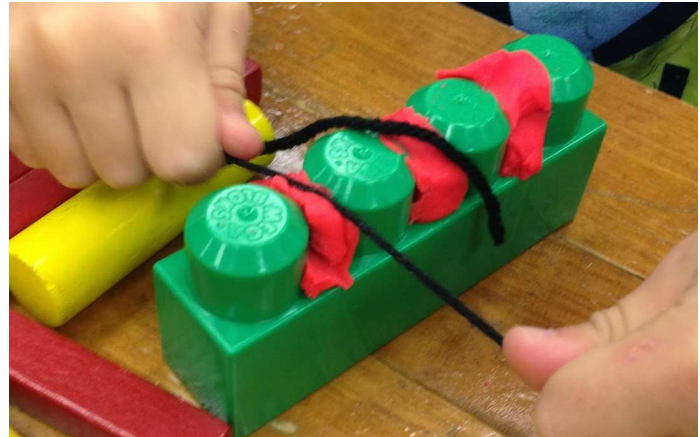
Flossing is Fun!



This activity can be done at school or home as a tool to help your students or children practice flossing. Discussing with them that the play doh represents food and plaque trapped in between the teeth will help them to understand the importance of “brushing and cleaning in between to build a healthy smile”

Supplies:

1. Lego block or egg carton
2. Play doh
3. Yarn or pipe cleaner



Louisiana proclaims April 28th as Pay It Forward Day (PIFD)

In an effort to prove that one small act of kindness can make a big difference and change someone's life, an international Pay It Forward initiative was started in 2007. The movement encourages everyone to embrace the incredible power of giving and exists to make a change by creating a ripple effect of kindness around the world. The goal is to spread the word of Paying It Forward and get as many people involved as possible. Governor John Bel Edwards proclaimed April 28th as Pay It Forward Day in Louisiana for the second year in a row!

Smile Stars Pediatric Dentistry and Orthodontics has jumped on board with this amazing movement

and has kicked off the event here in Louisiana. Together we can change the world, one good deed at a time. Join the movement on social media by using these hash tags: #payitforwardday #standforkindness.

How can I pay it forward?

1. Draw pictures for patients at a local hospital
2. Pay a stranger's library fees
3. Let someone go in front of you in line
4. Returning someone's shopping trolley
5. Smiling at the first 3 strangers you see in one day

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BAYOU OAKS 73- NEWS & EVENTS



Save the date! We're hosting a Mardi Gras Parade Sunday, February 24!

Create your own float for your little one and come enjoy a fun evening with music, family and fun!

Party starts at 5:00 pm and the parade will roll at 5:30 pm. Come early to register your float and be entered for our top float prizes! Winners announced at 6:45. Winners must be present to collect prizes.



Don't wait until the Summer! We offer classes 7 days of the week so that you can make swimming lessons a part of your family's weekly schedule.

Benefits of year round swimming:

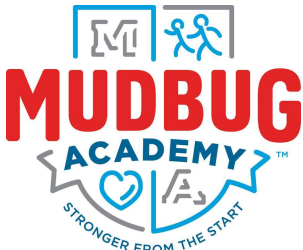
- Swimming promotes children's cognitive and physical development.
- Swimming is an activity that perfectly complements many other sports. It is a full body workout that builds endurance and increases flexibility.
- Boost children's immune system during winter months! Keeping children in swim lessons year round can keep them out of the doctor's office; moderate exercise is proven to help boost immune systems and keep children healthy. Our pool water and air temp is kept at 88 degrees to keep swimmers toasty and warm during the colder winter months too!
- **Swimming lessons are just plain FUN!**

Spring Session: now thru May 23

- Currently taking enrollment for remainder of spring session.
- Tuition is pro-rated to reflect your starting date.

Summer Session: May 27-August 11

- Registration open to current members May 7.
- Registration open to the public May 9.



- Registration for new students at Mudbug Academy for the 2019-2020 school year began Jan. 15th! Please email 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

