

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."



March into Spring with Healthy Habits

- M-** move every day! Get at least 60 minutes of physical activity daily
- A-** add one vegetable and/or fruit serving to every meal
- R-** reduce screen time by 30 minutes and read before bedtime
- C-** cook healthy meals as a family
- H-** lend a helping hand to those around you

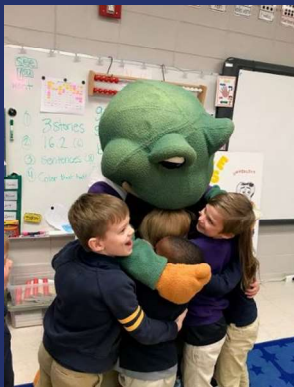
Star Patient



Jaxon did amazing for his 1st dental visit. We are so happy to have him as one of our newest smile stars!

Jeremiah's Travels 🍎

Children's Dental Health Month was a success! Jeremiah traveled to many schools in Ascension Parish to educate students on the importance of healthy oral habits. The students of Bizzy Bunch Preschool took a field trip to Smile Stars- Prairieville to learn about oral hygiene and experience what a visit to the dentist is all about.



What Causes Bad Breath?

Bad breath, medically known as **halitosis**, is a condition that even healthy children can sometimes experience. If you've noticed that your little one's breath is not so pleasant, there is hope. When it comes to bad breath in children, most of the time improper oral hygiene is the culprit.

Most common causes of halitosis:

- **Poor oral hygiene**- If your child does not brush and floss his teeth frequently, bad breath can result.
- **Dry mouth**- Saliva helps to cleanse the mouth. When your child's mouth is producing less saliva than normal, xerostomia may occur, which contributes to bad breath.
- **Bacteria on the Tongue**- Most odor causing bacteria reside on the tongue. If you don't brush your tongue, odor causing bacteria will accumulate and cause bad breath.
- **Infections in the mouth**- Bad breath can also come about as a result of cavities, plaque buildup, mouth sores, or oral surgery.
- **Medications**- Sometimes, the way medication breaks down in the body can lead to bad breath. This process releases chemicals that may result in bad breath.
- **An illness or condition**- If your child is suffering from allergies, a sinus infection, tonsillitis or another condition, bad breath can occur.

How to Avoid Bad Breath:

- Have your child **brush twice daily** and make sure he also **cleans his tongue** where bacteria can collect and grow.
- **Floss daily** in order to remove odor causing food particles from the teeth.
- Get a **new toothbrush every few months**, because dull bristles cannot effectively remove plaque and debris.
- Schedule **regular checkups** and **professional cleanings** with a dentist. (mouthhealthy.org)



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

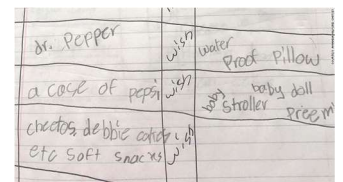
In an effort to prove that one small act of kindness can make a big difference and change someone's life, an international Pay It Forward initiative began in 2007. The movement encourages everyone to embrace the incredible power of giving and exists to make a change by creating a ripple effect of kindness around the world.

"11 year old girl granting wishes to nursing home residents"

At a nursing home in northwest Arkansas, we found a gem named Ruby. At 11-years-old, Ruby Chitsey likes to go to work with her mom. Amanda is a nurse who travels to several nursing homes in the area. And it was on one of those visits, that Ruby started going up to residents with her notepad, asking them if they could have any three things, what would they be. "I don't think she had an intention, really," Amanda said. Ruby said she was mostly just curious what they would say. "I was very surprised. I thought people would say money, houses, a Lamborghini," Ruby said. But, instead, here's what she got: electric razor, new shoes, Vienna sausage, for some reason a lot of people asked for Vienna sausage and other really basic items. "Like, that's all they wanted. And I really decided that I needed to do something," Ruby said. So she started a charity called, "Three Wishes for Ruby's Residents."

Now, while her mom is caring for patients, Ruby goes room-to-room, jots down wishes and then sets out to grant those wishes. Ruby has a **GoFundMe** to cover costs, but again, no one is asking for a sports car here. Her expenses are minimal, especially compared to the rewards. "It really lifts you, it really does," Ruby said.

On this day, she came back with a wheelchair full of sausages and other grocery items. But make no mistake, this isn't about food. Whether she knows it or not, Ruby is satisfying some much more basic human needs here, to be remembered, to be cherished especially by a child. That is what our seniors are truly hungry for. That is what Ruby brings every time she sets foot in a nursing home. Who needs a Lamborghini when you've got home delivery of all the happy you can handle (CBS News).



BAYOU OAKS 73- NEWS & EVENTS

Easter Egg Hunt

Sunday, April 14th at 2pm
Egg hunt starts promptly at 2:15pm

Eggs
Family
Music
Popcorn
Fun!

Presented by:
Smile Stars
Crawfish Swim School
PJs Coffee
& Mudbug Academy
Bayou Oaks 73
15077 Hwy 73
Prairieville, La 70769



PosterMyWall.com



CRAWFISH SWIM SCHOOL



Swimming Lessons

Spring lessons taking enrollment through May 5!
Enroll NOW at crawfishswimschool.com
Summer enrollment open to current members May 7 and to the public on May 9!

Small class ratios, indoor heated pool

Group Lessons

- 6m-28m with adult participant
- 2-12 year groups

Private & Semi-Private Lessons

- 1.5 years-adult

Birthday Parties

Indoor heated pool

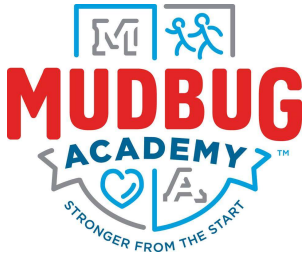
- no weather closures
- conditioned parent viewing area

2 hour private facility rental

- 75 minutes pool time
- 45 minutes party room time

2 Party Attendants
1 Water Watcher
Swim tests for all participants
Book now at crawfishswimschool.com

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Mudbug Academy-We prepare little learners for a successful life ahead on a solid foundation of physical education, functional skills and faith-based values.

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