

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."

August

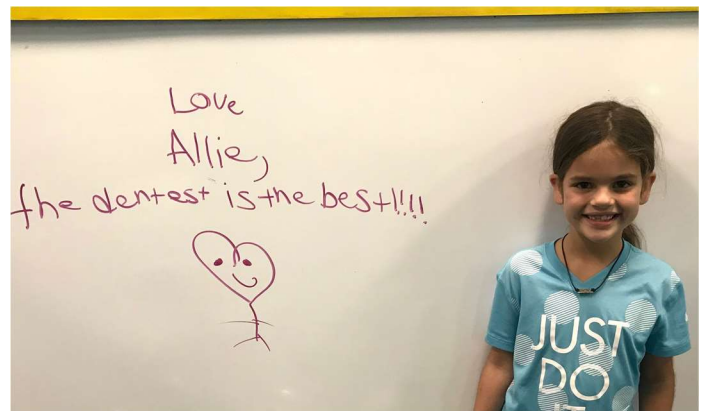
The Cavity Free Club serves as a reward system to help our patients develop and maintain good oral hygiene habits. Patients without cavities at their routine cleaning and exam will become members of the club. Members of the club are entered into a monthly drawing to receive prizes!

Prizes for August

- 1st place- \$50 Build A Bear Gift Card
- 2nd place- \$25 Cold Stone Creamery Gift Card
- 3rd place- Bug Catcher with Habitat

Winners will be announced the first week of September

★ Star Patient ★



Sweet Allie left this special note for us!
#spreadkindness

Back to School Time Capsule

The time capsule questionnaire is an activity for you to complete with your child as they embark on a new school year! The four stars should be filled in with the year. Once completed, store it away until the end of the school year. Take it out on the last day of school and repeat the activity to see how much change took place in your child that year. Repeat each year for a sweet reminder of the special times of their childhood!

Download PDF: <https://teachingmama.org/wp-content/uploads/2015/12/Time-Capsule-Questions.pdf>

Time Capsule Questionnaire for Kids



Name: _____ Age: _____



My favorite thing to do is:

The thing I am best at is:

My favorite color is:

I love to eat:

My favorite friend is:

I enjoy learning about:

My favorite animal is:

I love to play with:

The best show to watch is:

When I grow up, I want to be a:

My favorite thing I did this year was:

Something I want to do next year is:

The Truth About Sugary Drinks and Your Smile

Ida Gorshteyn, UCLA School of Dentistry

"Sweetened beverages have become a treat that many Americans have every day. The truth is that these drinks are not healthy, especially for our dental health and smiles. Everyone has harmful bacteria in their mouths that eat the sugars we consume. The bacteria get energy from the sugar, but in the process produce acid. The acid they make can damage teeth, causing cavities to form or erosion to occur.

Some of the most common beverages that Americans drink actually have loads of sugar, even drinks that are marketed as "healthy" or "all natural". If you think you are safe with drinks like juice, think again! A glass of apple juice can contain a similar amount of sugar to glass of soda. According to the USDA, sugar should make up no more than 10% of your daily calories. For women, that is 10-15 tsp. per day. For men, it is 12.5-18.75 tsp. Just one glass of that apple juice would put many people at (or just under) their entire daily limit.

Eliminating sugary beverages from our diets would be best, but reducing the number of sugary beverages you consume and substituting healthier options with less sugar is already a step in the right direction. Here is a list of drinks that are full of sugar and drinks that are better choices.

Lots of Sugar
Soda
Energy drinks
Chocolate milk
Smoothies
Fruit punch or juice

Better Choices
Water
Unsweetened tea
Milk
Plain sparkling water
Diluted juice



Drink, don't sip- Sipping gives the bacteria more time to eat the sugar and to form cavities. Try to drink sweetened coffees, teas or sodas in one sitting instead of sipping on them over a longer amount of time. If you give your child juice, have them drink it with meals only, and put only water in a sippy cup they might carry around during the day."

www.mouthhealthy.org

Jeremiah's Travels



Jeremiah wrapped up the summer by traveling to summer camps around Prairieville and Baton Rouge. Teaching children the importance of healthy habits at a young age is Jeremiah's mission. If you are a teacher or think that your child's school would be interested in a visit from Jeremiah, please reach out to us for more information!



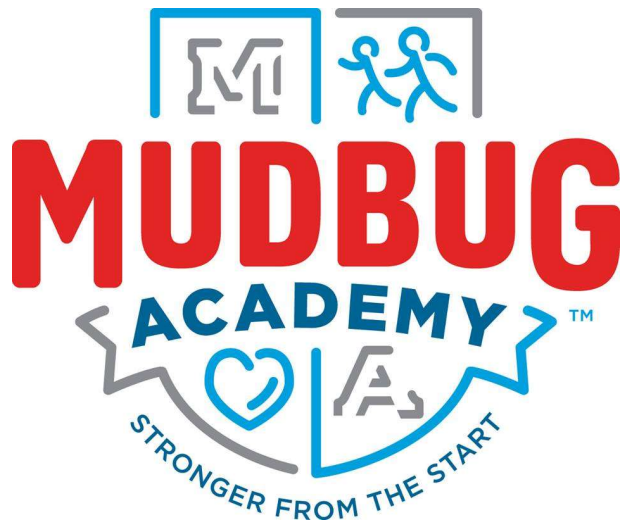
BAYOU OAKS 73- NEWS & EVENTS



CRAWFISH

SWIM SCHOOL

- Swimming isn't just for the summer! Water surrounds us no matter the time of the year. One lesson per week is enough to not only keep your swimmer's skills sharp but also to keep them improving year round! We offer classes 7 days of the week, so that you can make swimming lessons a part of your family's weekly schedule.
- Registration for the fall session opens to the public on Thursday, August 1! Fall session dates: Monday, August 19-Thursday, December 19
- For more information:
 - 225-673-3366
 - www.crawfishswimschool.com
 - bayouoaks@crawfishswimschool.com



Mudbug Academy serves families who seek a more structured early learning experience that is heavily focused on physical development, preparatory academics and character-shaping values, delivered professionally and compassionately in a safe, welcoming environment.

Programs: PreK2, PreK3 & PreK4

For more information:

- 225-744-4414
- Mudbugacademy.com
- office@mudbudacademy.com



Hours: Monday-Friday (5 AM-9 PM) & Saturday-Sunday (6 AM-8 PM)

Come by and enjoy some of our delicious beverages & treats!

