



"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!

New Year's Resolution?

Your dental health is an important part of your overall wellness, and the New Year is a great time to create resolutions for improving your health. Many people have dental health resolutions that range from improving their toothbrushing habits to completing delayed dental treatment. Understanding the benefits of your particular resolutions can be motivating and rewarding. Whatever your goals might be, it is important to take small steps to achieve them. Consistency is key with any resolution that you make.

Perhaps you would like to improve your oral health. Daily toothbrushing and flossing is a sure and simple way to improve your oral health. For successful bacterial plaque removal, it is important to brush at least twice a day using an appropriately sized, soft-bristle, manual or electric toothbrush and fluoridated toothpaste. When you brush your teeth, gently position the toothbrush bristles at a 45-degree angle toward the gumline and move the toothbrush across the teeth to effectively remove bacterial plaque. It is also important to floss at least once per day to remove bacterial plaque and food that has accumulated throughout the day. Your toothbrush should be replaced every 3 to 4 months, as well as after you have a cold or flu or if the bristles are frayed. Daily toothbrushing and flossing help to prevent gingivitis (gum disease), tooth decay and halitosis (bad breath). The daily use of antimicrobial and fluoride mouth rinses also helps to improve your oral health.

<https://www.colgate.com/en-us/oral-health/life-stages/adult-oral-care/a-new-years-you-dental-health-resolutions-0114>

It's snow secret that God loves you!



Glitter Snow Slime Recipe

Supplies:

- 1 bottle of white glue
- ½ tbsp. baking soda
- 1 tbsp. contact solution
- Glitter
- Mixing bowl
- Mixing spoon

Instructions:

1. Pour 1 bottle of white glue into mixing bowl.
2. Add ½ tbsp. of baking soda and mix together thoroughly.
3. Add the glitter and stir to mix.
4. Add 1 tbsp. of contact solution.
5. Mix together until mixture gets harder and slime begins to form.
6. Take slime from mixing bowl and knead with both hands.

<https://iheartcraftythings.com/wp-content/uploads/2017/11/snowman-slime-13.jpg>



The popular King Cake flavor
is back at PJ's Coffee!



@PJSBAYOUOAKS

Protecting your child!

Swimming, especially for younger swimmers, is not like riding a bike. Swimmers will not hop back in after many months of not swimming and remember their skills. Even more concerning, the possibility of a water emergency is not isolated to the summer months, so it is important to maintain regular practice! Don't start from square one each summer or let these life-saving skills fizzle out with the summer months. Water Safety Matters, No Matter the Season!



www.crawfishswimschool.com