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THE TOWN DOG Meet Longville's Town Ambassador

Just about every day, on Highway 84, you'll find Bruno trotting along. He's either headed into town or headed home after a long day of treats, pats on the head, and the occasional "good boy!" Bruno is the town dog, as proclaimed by the carved wooden statue you'll find in the Longville, Minnesota, town park. It's a role he was born for.

About 12 years ago, a man approached the home of Longville residents Larry and Debbie LaVallee. A puppy rested in his hands, no more than a couple months old. The man spotted the puppy at the end of their driveway and assumed it belonged to the couple. The LaVallee's had never seen the pup before, but they quickly fell in love.

The couple took him in, named him Bruno, and soon realized he wasn't an ordinary dog. Bruno had no interest in being penned in or tied up. He wanted to see the world. One day, Larry decided to let Bruno wander. Larry figured, since his nearest neighbors were a ways down the road, Bruno could quench his wanderlust without getting into trouble.

It wasn't long until Bruno discovered Highway 84. He followed his nose, and 4 miles later, he was in downtown Longville. Before he knew it, he was friends with just about everyone in town — which wasn't hard, considering Longville is home to 156 people.

Every day, Bruno made the rounds: City Hall, the library, the ice cream shop, and his favorite, the grocery store. Or, more specifically, the back entrance to the grocery store, which happened to lead right into the deli department. Licking his chops, Bruno patiently waited for delicious deli scraps.

These days, Bruno is a regular senior citizen. At 12 years old, his joints aren't what they used to be. But that hasn't stopped him from making the trek into town to see all of his buddies and get a few well-earned scratches behind the ear.



Stop, Collaborate, and Listen Let's Keep This Conversation Going!

To those of you who have already renewed your membership in the association for 2017, thank you so much! We appreciate the support. I'd also like to give a big THANK YOU to the assistants who provided such fantastic suggestions for our training modules. We were happy to see your interest in different topics and create those training modules for you. If there is something you would like to see added, please let us know!

Facebook, as always, is another great resource for questions, so head on over to our members-only Facebook page to interact with other people and get feedback on your ideas. I think one of the best things about this association is finding people around the country that have "been there, done that," in a sense — those who can use their experiences to help you grow professionally. These are just a few of the many benefits of your enrollment, so if you haven't yet renewed your membership, now is the time to do so.

Pediatric dental assistants are so important in this field and so valued within the association. Within this rewarding career are more opportunities and rewards — if you know where to look and how to approach challenges. Your accomplishments deserve to be well-recognized and appreciated professionally.

Your positive impact on the lives of pediatric patients and their families does not go unnoticed, and it is our mission to help you stay connected and supported within a community of like-minded individuals in your field.

Although training is a huge part of what we do, it's not all about training. This association is also about community and the commitment to taking care of kids and improving their health.

In our private Facebook group, I encourage you to ask questions if you have them and look to others around the country for ideas and inspiration. This is really what I hope will begin to happen more and more, so you have a chance to talk to other professionals who can provide support and guidance. The bottom line here is that, believe it or not, other pediatric dental assistants face challenges in their dental offices that are very similar to the challenges in yours. Your questions about situations are not unique or unusual. I believe that it's through interactions and learning that you'll find the camaraderie that makes this association so special.

Thanks again so much for your requests and suggestions on the training modules. I appreciate the collaboration, and I'm so thrilled that we have been able to complete those for the assistants who asked.

Happy New Year, everybody! Here's to learning and growing in 2017!

Rhea

Rhea M. Haugseth, D.M.D

M

A

Measurable

Achievable

FEELING STUCK?

You Probably Need a Personal Development Plan

I T'S A SHOCK TO WAKE UP ONE DAY AND REALIZE THAT YOU DON'T HAVE ANYTHING YOU THOUGHT YOU'D HAVE. Fortunately, you can avoid that by creating and following a personal development plan.

A personal development plan is an action plan for improving yourself in the context of life goals like relationships, education, your career, or all of the above. Here are the three steps you should be sure to include in the plan:

1. **The goal(s) you want to achieve.** Make each goal a SMART one: Specific, Measurable, Achievable, Realistic, and Time-Bound.

2. **Evidence of success.** Define what a successful outcome actually looks like.

3. **Action items.** List out the steps you think it will take to attain your desired outcome.

That's it! This simple process will put you miles ahead of most people in terms of achieving your goals. Research has found that less than 3 percent of Americans have written goals, and less than 1 percent review those goals each day.

Even sitting down to create a personal development plan will set you apart, but the most important thing is that you're committing to take action and recognizing that wherever you are in life is not an accident, but a result of the choices you make.

Stop feeling stuck! Pick a goal that you've always wanted to achieve in any of those areas and go for it by following the steps above. There are no guarantees in life, so you can put in a lot of effort and get nowhere — but the odds of you getting what you want *without* the effort are even lower. Get started on your personal development plan today so you can be that much closer to your goals tomorrow.

Clean Au Naturel

The Anti-Antibacterial Soap


We all know that washing our hands and staying clean is one way to prevent the spread of disease. But does the soap we use need to be labeled "antibacterial" to be effective? If you're someone who only uses antibacterial soaps and bodywashes, you might consider switching to a natural soap.

there that already use all-natural ingredients. To find soap that is effective and safe to use, read your labels. Look for products made from natural, organic oils or fats, fragrances, and organic botanicals as ingredients. Avoid soap with artificial colors or fragrances.

Since your skin is porous and absorbs the products you put on it, natural, handmade soap is always the best choice for your health. And now that we know the word "antibacterial" is essentially meaningless, we no longer have to worry about the effectiveness of natural soap.

The FDA recently put a ban on some of the antibacterial chemical ingredients that are found in many consumer soaps, declaring that antibacterial products are no better than regular soaps, and ingredients used therein have not been proven safe. The FDA pointed to data showing that those soaps containing the antibacterial chemical triclosan do not provide any more health benefits than using regular soap and water. In addition, research shows that some ingredients in antibacterial soaps and body washes might even be harmful to your health.

Soap companies were given a year to take some of these concerning chemicals out of their products, but there are plenty of products out



SITUATION OF THE MONTH

TAKING BACK THE X-RAY ROOM

DEAR PEDIATRIC PRO,

I have a few pediatric patients who normally do so well when they require X-rays, but struggle greatly when their parent is in the room. Oftentimes parents make it more difficult to accomplish the task at hand, because the child seems to have trouble listening to the assistant. Do you have any suggestions to make X-rays a little easier on everyone?

– Melodie M. Deuver, Colorado

DEAR MELODIE,


Ah, the old parent-meets-X-ray scenario. There are a few things you can do to ensure both the patient and the parent leave having had the best experience possible. First of all, allowing the team to talk to the parent about the next

appointment, a consultation, or other educational topics during X-ray time will allow assistants to have one-on-one time with the child for the X-ray. If that doesn't work, you might explain to the parent the dangers of radiation, and tell them that it's better if they wait outside.

With a parent present, it's often really difficult to keep the child focused on instructions given by the assistant or hygienist. The best way to keep kids well-behaved during their visit is to always provide the most praise and positive feedback that you can muster. Give kids confidence so they won't have to look to their guardian for help. Everyone wants the child to listen and to get through their procedure having done a great job, so give them the praise they need for good behavior, and everybody wins.


Thanks for your question and good luck!

– Pediatric Pro



ENJOY A LAUGH ON US!

THE MOLAR BEAR



FIGHTING AGAINST ENAMEL CRUELTY

2017

HAPPY NEW YEAR

1-POT MOROCCAN CHICKEN

Recipe inspired by bbcgoodfood.com.

INGREDIENTS

- 4 boneless, skinless chicken breasts
- 3 tablespoons olive oil
- 2 onions, 1 chopped and 1 sliced
- 1 small tomato, chopped
- 1/3 cup ginger root, chopped
- 3 garlic cloves

- 1 teaspoon turmeric, ground cumin, coriander, and cinnamon
- 1 large butternut squash
- 2 1/2 cups chicken stock
- 2 tablespoons brown sugar
- 2 tablespoons red wine vinegar
- 1/3 cup dried cherries

INSTRUCTIONS

1. In a pan, heat 2 tablespoons oil, then brown chicken on all sides. Remove chicken from heat. Mix tomatoes, ginger, chopped onion, and garlic into a paste-like consistency. Fry sliced onion in remaining oil until softened, then add spices and fry until fragrant. Add the paste and fry to soften.

2. Return chicken to heat, along with squash (deseeded and cut into large chunks), stock, sugar, and vinegar. Bring to a simmer, then cook for 30 minutes. Remove chicken and stir in cherries, then continue simmering the sauce to thicken. Shred chicken into bite-sized chunks. Stir the chicken back into the sauce.

3. Serve topped with red onion, lemon zest, mint, and feta. Couscous and yogurt make great sides.

Enjoy!

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