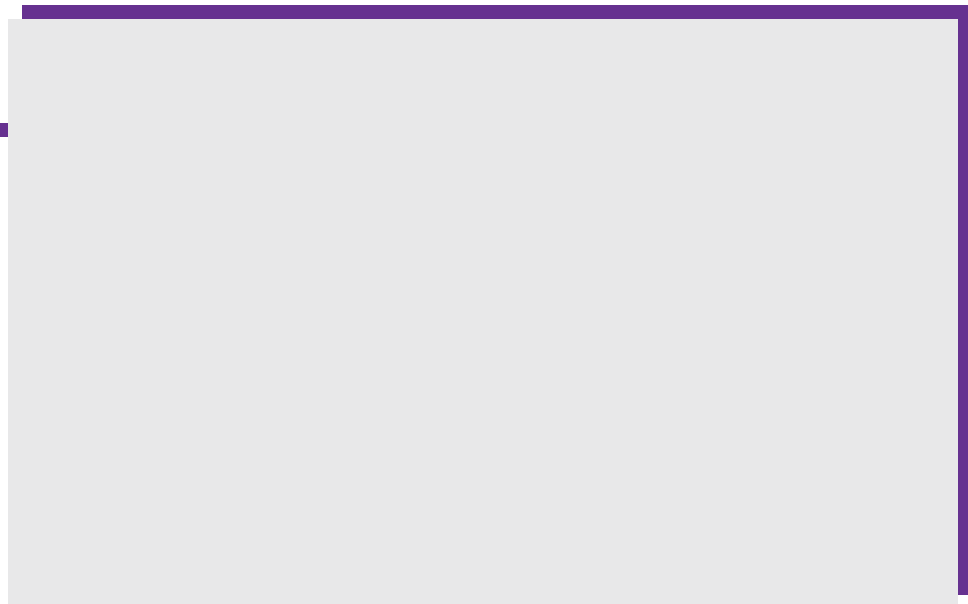


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It's That Time Again!

Have You Signed Up for the Annual Conference?

A TEDDY BEAR A DAY

One 12-Year-Old's Mission to Deliver Comfort Around the World

Teddy bears are known to bring comfort to kids who are going through a tough time, and Australian Campbell Remess is doing his part to try and lift their spirits. Ever since he was 9 years old, he's sewn teddy bears for kids all over the world — kids who are going through a difficult time and need a little extra comfort.

It all started when Campbell wanted to buy Christmas presents for kids at the local hospital. When neither he nor his family could afford to buy the gifts, Campbell came up with an idea. Why not make the presents? He asked his mom if he could borrow the sewing machine and buy some materials. She told him to knock himself out. From there, he went to work.

Now 12, Campbell still makes his teddy bears for kids all over the world. He's sent bears to Paris and Brussels following tragic terrorist attacks. When he can, he delivers bears to local hospitals.

Campbell's goal is to make one teddy bear every day of the year. To track his progress, his mom set up a Facebook group — Project 365 by Campbell. The

page showcases his latest bear creations and notes where each bear is going.

The Facebook page has inspired others to help Campbell in his quest to make a bear a day. Some followers have donated fabric and others have donated money. A few volunteers even got together to raise money to turn his bedroom into a teddy bear factory. He has a workbench and shelving to store all of his supplies.

Every bear Campbell makes is unique and, as his mom says, is a reflection of his imagination.



The excitement continues to build as we look forward to the second annual Pediatric Dental Assistants Association conference happening in Atlanta from September 30 to October 1. It's my pleasure to remind you that, even if you missed the early bird signups that closed on August 31, it's still not too late to secure a spot at a great weekend.

The biggest reason I formed this association was to get pediatric dental assistants together for a sense of community, mutual support, and shared responsibility for the dental health of the young people we treat. This year I'm looking forward to seeing some new and familiar faces and getting to share stories, challenges, and accomplishments with this amazing group of dental assistants. There will also be no shortage of excitement, as our presenters and speakers make each hour interactive, educational, and fun. Each presentation is sure to be insightful, and I'm certain everyone will get something valuable from each speaker.

It's back-to-school season — the perfect opportunity for you to think about your continuing education. Additional training is a huge benefit to you personally and professionally because the more things you learn, the more valuable your skills. Most importantly, membership in the association and participation in the conference gives you insight into what your fellow pediatric dental assistants around the country have to say about their experiences treating pediatric patients. Understanding that your challenges are shared with others is one of the biggest steps toward personal development, and I truly believe in the impact these connections can have on your career.

As you grow your skill set, look for additional trainings on our website that may enhance your new skills. We've made these training modules very comprehensive, but we want to hear from you! If there are topics you'd like us to include in the modules that you don't see, please reach out and let us know. The goal is to make sure you have the best, most up-to-date information at your fingertips!

Like last year's conference, we're sure to have some fun and games planned for Friday night, and of course, we'll have some door prizes as well. For those of you who haven't already signed up, now is the time. Curious about last year's conference? Check out the PDAA website to see video testimonials and find out exactly what association members are saying about the big event.

Don't miss the most important Pediatric Dental Assistant Association event of the year! Your future in the pediatric dental field is dependent on your ability to grow, learn, and collaborate with like-minded professionals, and you'll love what we have to offer this year. To register, go to www.pediatricdentalassistantsassociation.org/upcoming-events.

Rhea M. Haugseth, D.M.D



DIGITAL DREAM INDUCERS

Digital Devices Are Actually Helping With Some Sleep Habits

YOU'VE PROBABLY HEARD that you shouldn't use technology right before bed, as it can cause trouble sleeping. It's true. The National Sleep Foundation's 2011 Sleep in America Poll supported this claim. But, as ironic as sleep inducing apps and devices sound, technology has come a long way since 2011. Many of the latest developments get rid of the type of light that causes problems. Others are sound based, and some can simply be used an hour before bed. With these things in mind, we've rounded up some of the best digital sleep resources for you.

• Sleep-Tracking Devices

Fitbit and other sleep-tracking devices output very little light and can also track both the amount and the quality of your sleep. As an added bonus, many of the Fitbit models can even turn into vibrating alarms for a more relaxing wake-up call.

• Binaural Beat Therapy

Psychology Today reports that scientists have used binaural beat therapy to reduce anxiety and induce various brainwave states, and conduct research. Google Play and the Apple Store are filled with binaural beat meditation apps. Because they're sound based, they won't expose you to excessive light as you're falling asleep. You can also use these apps an hour before bedtime.

• Blue Light Filters

According to Scientific American, blue-based light can affect the production of melatonin, which is probably one of the reasons why using our devices too close to bedtime can hurt our sleep health. If you insist on reading before bed, there are now apps that filter out that disrupting blue light so you can perform your reading relaxation routine with minimal adverse effects. Google Play has the feature built straight into their book app, or you can download a separate app that performs the same function.



SITUATION OF THE MONTH

DEAR PEDIATRIC PRO,

As the new school year gets underway, I've talked with more and more parents who refuse to take their youngsters out of class to see the dentist, even when they are younger than first graders. I understand that missing class can be difficult, especially for older kids, but how do I address the problem with patients who are not quite first graders yet? Do you think missing an hour of kindergarten or pre-school to see the dentist is worth a parent's trouble?

— *Giselle H., PA*

DEAR GISELLE,

Ah, the age-old scheduling conflict. There are a few ways to look at this problem: On one hand, parents certainly have a point in terms of how important it is to keep their kids in class. For the sake of building a discipline of routine, many parents feel that taking their kids out of school disrupts their habit.

That said, you and I both know the importance of dental health and instilling the habit of regular checkups.

More parents refuse to take their kids out of school at the beginning of the school year. What you can do in these situations is try to encourage parents to look at a child's schedule and book the appointment at a time that will have the least impact. Of course, an appointment should not be scheduled during a test or during a class that is a struggle for the student — and for younger kids (younger than first grade), the earlier the better, as dental staff will be at their best and can give their kid the most TLC.

The bottom line is to stress the importance of the appointment to the health of the child. Regular dental visits are vital. If a parent still refuses to take your suggestions, encourage them to schedule the appointment at lunch, first thing in the morning, or in December or June when classes are out.

Thanks for the question!

— *Pediatric Pro*

Pets & Plants — How to Avoid Household Disasters

If you live in a home complete with both pets and plants, you may be in search of a little balance. Some cats and dogs can't help but nibble on the greenery or dig in the dirt. Others may love to roughhouse, leading to potential spills and other disasters. Though, with a few simple changes, you can make sure your pets and plants get along, and disasters will become a thing of the past.

PICK THE RIGHT PLANTS. There are many houseplants that are actually toxic to animals. Aloe is a common one that can cause serious health issues if ingested by cats and dogs. The American Society for the Prevention of Cruelty to Animals recommends pet owners buy plants like the Boston fern, Chamaedorea palm, and the spider plant instead. You can search the ASPCA's plant database at www.aspca.org/pet-care/animal-poison-control/toxic-and-non-toxic-plants to find plants that are perfect for your home and yard.

CONSIDER PLANT PLACEMENT. Keep houseplants out of reach of curious snouts, paws, and the occasional tail — while still ensuring your plants get plenty of light. Find spots on tables and shelves or hang plants from the ceiling if that's an option. As a general rule, set plants away from ledges or areas where cats might be tempted to jump. Make sure your plants are secure. Nonslip mats are a great way to keep pots and containers from slipping.

LEAVE NO CLOTH DANGLED. Watch for mats, tablecloths, or anything else under your plants that drape or dangle over tables or stands. These can be enticing for playful pets, and they may pull on them and topple over the plant. A falling plant may injure your pet or leave you with a big mess. Make sure anything placed directly under a plant is made or cut to fit in the space provided.



ENJOY A LAUGH ON US!



RASPBERRY SUNRISE BREAKFAST SHAKE

INGREDIENTS

- 1 cup frozen raspberries
- 1 ½ cups cold-pressed orange juice
- 1 cup frozen chopped bananas
- 1 ½ cups almond milk
- 1 heaping tablespoon coconut cream
- 1 tablespoon Great Lakes Collagen
- Pinch of Himalayan pink salt

INSTRUCTIONS

1. For a swirly look, first blend together the raspberries and orange juice until smooth. Set aside.
2. Second, blend together bananas, almond milk, coconut cream, gelatin, and salt until smooth.
3. Pour banana mixture into 3–4 glasses, then top it with the raspberry mixture, and swirl around with a straw.

Enjoy!

Recipe courtesy of Paleomg.com.