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EARTH'S MOST BEAUTIFUL FLOWER DISPLAYS

Spring is here, which means flora will soon be in full bloom. Flowers can be an easy pick-me-up or a great way to add color to your home, but some people take their flower obsession to the next level by planning botanical-themed vacations. Here are some of the most impressive gardens and flower displays in the world.

NETHERLANDS

Holland, most famous for its tulips, always draws visitors at the first sign of spring. One of its most famous destinations, Keukenhof, located in Lisse, is among the world's largest flower gardens. The park is 79 acres and boasts approximately 7 million flowers each year. This colorful garden is open annually from mid-March to mid-May, but mid-April is the ideal time to see the tulips.

WASHINGTON, D.C.

Besides the monuments and historic buildings, one of the biggest attractions in Washington, D.C. is the cherry tree blossoms. Travelers who visit the Tidal Basin during the spring can witness 3,000 trees, which were a gift from Tokyo in 1912, flaunt their beautiful pink blossoms. The best time to see the spectacle is from the end of March through the end of April.

ANZA-BORREGO DESERT STATE PARK

Desert lavender, flowering cacti, pygmy poppies, and rock daisies are just a few of the many wildflowers decorating Anza-Borrego Desert State Park. The various native species are often seen weaved together to form a colorful carpet over any barren patch in the park, which is located just two hours from San Diego. In addition to flowers, visitors often spot bighorn sheep. Wildflower blossoms vary in intensity each year, but they typically begin to bloom in late February or early March.

Next time you're planning a spring trip, consider visiting one of the world's most beautiful flower displays. No green thumb required.



I just returned from a skiing trip to Big Sky, Montana. It's one of my favorite ways to unwind and take in the beauty of nature. Now that I'm back in the warm confines of Georgia, my focus has shifted from white snow to white teeth. I'm excited to announce a few recent initiatives that we've undertaken to make the PDAA better than ever.

The first of these projects is a series of videos called "Practice Pearls." These videos provide short nuggets of information that tackle everything from impression techniques to how to show your employees love. I've been putting them out on a biweekly basis, but I would love your help in choosing topics for future videos. These videos are designed to help you and your practice, so let me know what you'd like to see covered. If you've had a chance to watch any, you can probably tell that I enjoy making them, so too many topics is a fun problem for me to have.

Speaking of sharing great ideas, I'd also like to hear your feedback regarding lessons you'd like to see in our training modules. Our members already have access to more than 100 modules on our website, and we're hoping to tackle at least 25 more this year. If there's a module you're always on the lookout for but haven't seen yet, be sure to let us know.

While you're on our website, thepdaa.com, be sure to check out our updated job posting portal. Anyone can view and respond to the postings, but you'll have to be a member to post about openings at your practice. If you know somebody who's

looking to get into a pediatric-focused practice or are looking for a change of scenery yourself, the postings will be a great resource.

Of course, while I'm talking about the benefits of being a PDAA member, I'd be remiss if I left out our upcoming PDAA Conference. The 4th Annual PDAA Conference will be held in Atlanta during October 26-27, 2018. That may seem a while off, but we're already planning to make it our best conference yet. I'll have more details about the event in the future, but I do want to let you know that when you sign up for a yearly membership, you'll get one annual conference registration (valued at \$497.00) FREE! Membership costs \$595 per year per practice, so it basically pays for itself.

Now's the time to send in submissions for the two awards we'll be debuting at this year's conference: PDAA Assistant of the Year and Kid-Friendly Practice of the Year. I've already received a few nominations, and I can't tell you how much I love reading them.

What all of our projects have in common is making the PDAA an even better resource for its members. When I created the PDAA, I wanted to create a network of like-minded professionals sharing advice, experiences, and a few laughs. Every year, we figure out new ways to do it, and that's largely because of you.

"If you've had a chance to watch any, you can probably tell that I enjoy making them, so too many topics is a fun problem for me to have."

Rhea M. Haugseth, D.M.D



KEEPING UP WITH YOUR NEW YEAR'S RESOLUTIONS

What You Need to Do to Stay On Track and Push Forward

Setting goals is the easy part. A lot of people say they want to lose weight, eat better, learn a new skill, or try a new hobby, but they don't define their goals any further. Vague goals aren't really goals at all.

The best way to stay on track is to be as specific as possible. Understand what you need to do to accomplish your goals. Make sure you have access to the appropriate resources that will help you make progress. Resources come in all forms. Look to the people around you for accountability — your family, friends, neighbors, or colleagues. If you don't want to involve anyone else, keep a notebook or diary to track progress. Or if you are learning a new skill, such as a foreign language for a trip next year, the resource you need may be an app on your phone.

When you bring specific goals together with the necessary resources, achieving your dreams becomes more possible than ever before. You just have to take steps to avoid falling into the mistakes listed above. Set attainable concrete goals, track your progress, and check in with someone to keep you accountable. Since it's been a few months, take a moment to review how far you've come since January. What do you need to do to make the next three months — and the rest of 2018 — your best yet?

March is the month of spring time and rejuvenation. It's also the time when most people have forgotten about the resolutions and goals they set earlier in the year. Have you neglected or given up your goals? If you have, you are far from alone. Most people let their goals fall to the wayside at least by March, if not long before. It comes down to four simple reasons.

1. They set goals that were out of reach or unrealistic.
2. They had zero accountability.
3. They set abstract goals.
4. They didn't track progress.

Your Dinner Table Might Be the Key to a Happier Family

The family dinner is a staple of years gone by. These days, the only time you see a family sit together and break bread seems to be at Thanksgiving. This is a shame, because regular family dinners are incredibly important! It's a time to bond with your loved ones that can have a positive impact on your kids' lives. A study published in the journal *Pediatrics* found that kids who regularly partake in family meals are less likely to experience depression or engage in drug use. Furthermore, The National Center on Addiction and Substance Abuse at Columbia University determined that kids who eat family meals five to seven times a week bring home higher report cards.

Even when schedules are busy, you can make family dinners fit into your agenda with these tips.

BE FLEXIBLE ABOUT MEALTIMES

Dinner doesn't have to be at 6 p.m. on the dot. If Kamala has a karate tournament in the evening or Peter needs to stay late at school for art club, why not break out the healthy snacks and make dinner happen a little later or earlier? Plus, the meal you share as a family doesn't have to be at dinnertime. If

there's time in the mornings, sit down for breakfast. If you have the opportunity on weekends or during a school break, grab lunch together.

CALL ALL HANDS ON DECK

Mom or Dad shouldn't be expected to cook by themselves for every meal. This is family time, after all, so call in the kids! Make sure their tasks are age-appropriate — leave sautéing vegetables to the high schooler and let your first-grader set out the cups instead. This is the perfect opportunity to teach kids valuable kitchen skills and to take some of the burden off your plate. Plus, if your kids are picky eaters, inviting them to be part of the cooking process can make them more inclined to try the finished product.

DON'T STRESS YOURSELF OUT

It's okay if you're too busy on a Monday to cook dinner. There's always Tuesday. Or you can take a trip to your favorite family restaurant. Family meals should be fun, and that can't happen if you're stressed. Don't feel pressured to make each meal



perfect or to prepare a three-course dinner every night. Chicken and rice can get the job done as long as you're all sitting around the table as a family.

No matter how hectic your schedule may be, making family meals a priority is always worth the investment. Who's in the mood for meatloaf?



SITUATION OF THE MONTH HOW TO MANAGE CELLPHONES AT WORK

Cellphones are a fact of modern life, but they can be a huge distraction and source of frustration for practices. I'm guessing you work with somebody who can't go an hour without checking their phone. When you let behavior like this go unpunished, you create animosity between your staff. Nobody wants to feel like they're picking up the slack while their co-worker checks their text messages.

The way to remedy this situation isn't to ban phones altogether. That might be an ideal solution in theory, but it will never work in practice. Asking your team to keep their phones in the car for eight hours isn't reasonable or realistic. It will also likely create a sense of resentment among the team.

Instead of creating overly strict rules that won't be followed, develop a sensible policy and stick to it. Your schedule and workflow will dictate what works best for your practice, but a good strategy is to designate acceptable phone times. Obviously, lunch and breaks are a great time to check phones. Another method

that works is creating a space where phone use is acceptable. That way you won't have staff members using their phones at their workstations.

Of course, there are emergency situations where a team member will need to keep their phone nearby. In these instances, you should allow the employee to stay connected, but make sure they let you know. Alerting everyone that a team member needs to check their phone on a given day goes a long way toward eliminating confusion among the staff. If you have a designated phone line for the doctor or employees, feel free to have your staff give out that number to loved ones and babysitters.

After you've created a policy that everyone agrees upon, you have to enforce it. When one person starts to break the rules and gets away with it, everyone else will follow suit. Be fair, but remember that work time is for work. That cute cat video can wait.

HAVE A LAUGH

BE THE PERSON
YOUR DOG THINKS
YOU ARE.



BRAISED CHICKEN AND SPRING VEGETABLES

This simple and delicious one-pot recipe is perfect for a weeknight. It only requires about 15 minutes of hands-on work, but will taste like you spent all day building flavors. It's a hearty comfort food that's sure to delight eaters of all ages.

INGREDIENTS

- 1 tablespoon olive oil
- 8 small bone-in chicken thighs
- 1 cup low-sodium chicken broth
- 12 radishes, halved
- 4 large carrots, cut into sticks
- 1 tablespoon sugar
- 2 tablespoons fresh chives, chopped
- Salt and pepper

INSTRUCTIONS

1. Heat olive oil in a large saucepan or Dutch oven over medium-high heat.
2. Season the chicken with salt and pepper. Brown in pan for 6 to 7 minutes per side.
3. Remove chicken from pan and scrape off excess fat. Add broth and stir in radishes, carrots, and sugar.
4. Return chicken to pan, placing on top of vegetables. Gently simmer with lid on pan for 15–20 minutes. Finish with chives.

Recipe inspired by *Real Simple*