

Inside this issue

- p.1 Cheers to You!
- p.2 Apps to Stir the Late to Rise
- p.2 Chairside Chatter
- p.3 The Future is in Your Hands
- p.3 Laugh Break
- p.3 Blueberry Muffins
- p.4 This Vacation Spot is Treely Unbeleafable!



Cheers to You! Celebrating a Great Year for Pediatric Dental Assistants

This Vacation Spot is TREELY UNBELEAFABLE!

Something extraordinary is afoot in the woods of Southern Oregon. Strung high above the earth, nestled into treetops and branches, is one of the world's most unique resorts — or shall we say "treesorts?" Out'n'About Treesort is a one-of-a-kind, high-in-the-sky tree house resort proving that trees aren't just for the birds. It is comprised of 14 tree houses, each of which sleeps two to eight people.

Getting to your room is half the adventure! Guests climb stairs, ladders, and even a 90-foot-long suspension bridge on their journey. Once there, the wonder begins. At the Swiss Family Complex, a swinging bridge separates child and adult units and a fire pole and rope swings provide kids with ground access. Lovers of luxury will enjoy the Tree

Room Schoolhouse Suite, which sleeps four and has a bathroom, kitchenette, master bedroom, sitting area, and loft.

Guests allow fantasy to become reality at the Treehouse Institute, which teaches techniques in tree house building. A self-described summer camp for families, Treesort also features horseback riding, rafting, ropes courses, pools, and arts and crafts classes. Tree climbers face the challenge of scaling Treesort's 51-foot rope-climbing tree and discovering a treetop pool made of river rocks.

With more puns that you can count — like tree houses named "Majestree" and "Serendipitree," and a whole host of "activitrees," — the Out'n'About Treehouse Treesort holds a charm all



its own. Whether you're the parent of kids who would appreciate the encouragement to climb, slide, and zip line through their vacation, or you are an adventurous adult looking to do more than sit on your vacation this year, this is the perfect fit and a "treemendous" time! And with prices starting at \$120 per night and dozens of free classes and excursions included in that price, this vacation is not going to break the bank either!

The end of the year doesn't have to be a time where we make lofty resolutions we know we won't keep. In fact, if you're reading this, you're already headed in the right direction professionally and personally; you are showing interest in this association, which in and of itself is a celebration of all you are and can be. Rather than evaluating ourselves and how much progress is needed to reach goals a, b, and c, let's take a moment to celebrate our achievements. In spite of our mistakes, let's enjoy knowing that we have come a long way in just a year, as evidenced by the creation of the Pediatric Dental Assistants Association and the tremendous number of new members who have joined to show their support.

The growth we have seen has been phenomenal. Outside of the formation of the organization, our biggest accomplishment was definitely our first annual PDAA conference in Atlanta, which went off without a hitch on October 23 and 24. Our all-star lineup included an amazing array of speakers, including Matt Paladini of Paladini Financial Management, with a fantastic speech about controlling expenses and saving money. We also heard from Janet Soda on effective parent and team communication skills, Scott Childress on the "dos and don'ts" of social media, and Janice Hurley

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on how to look your best and dress for success. Participants had such a great time, and it was a perfect opportunity to begin getting to know one another as we embark on this journey together.

For me, 2015 was crazy busy, to be sure, and I owe a huge thank you to my colleagues who have shown a tremendous amount of support to make

the association a reality. Their understanding and recognition of the importance of assistants in pediatric dentistry is a true inspiration. Doctors often comment that our pediatric dental assistants deserve a professional organization of their own. They are professionals in the truest sense of the word, and I am happy to recognize them for their special expertise, which no one else possesses.

Doctors have made an excellent choice by getting their assistants involved, and in doing so have shown an appreciation and commitment to their team that is paramount to the success of their practice. It's impressive to see the growth and personal testimonials that are already surfacing since our inception. I'm a firm believer that these stories are going to multiply as more and more pediatric dental assistants and dentists realize the value in this sort of investment. Resolutions or no, I'm excited for what great things the new year has in store for all of us. Thank you for your continued support, recognition, and dedication to this growing association! Happy New Year!

Rhea M. Haugseth, D.M.D

DEEP SLEEPERS REJOICE! (OR AT LEAST WAKE UP)

Do you consider yourself a night owl? Are you dumbfounded by tales of morning people who manage to wake up before the sun for an hour of Tai Chi before a full breakfast — all while you flop out of bed one heavy limb at a time after hitting snooze until the last minute?

The good news is that it may not be entirely your fault. Frontiers in Neurology recently published scientific research that suggests that your chronotype, or your propensity to sleep and wake at different times, is genetic. In other words, whether you are a morning person isn't even up to you!

Unfortunately, chances are most people will not accept your genetics as an excuse for tardiness. So the next time you set your alarm for an early morning, try an alarm that will help you get up and get going, even if you're a deep sleeper.

Sleep Cycle (iOS and Android): Sleep Cycle is a sleep-tracking app that also has an alarm that will wait to wake you up until the best possible time, based on your sleep cycle. You'll be gently nudged at

the perfect moment when the app thinks best (your lightest sleep cycle nearest your preferred wake-up time), when you're slightly less comatose.

Wave alarm (iOS and Android): Wake up with movement! This alarm app contains Motion Control technology, allowing you to wave your arm over the clock to hit snooze. For an even bigger challenge, try **Wake N Shake Alarm Clock (iOS)**, which you must shake for a given time to make it stop.

Walk Me Up! (iOS and Android): If you need to get completely out of bed to avoid falling asleep again, try Walk Me Up!, which makes you walk around the room before the alarm sound turns off, or the similar **Step Out Of Bed! (iOS)**, which doesn't shut off until you get out of bed and take 30 steps.

Morning Routine (Android): Take it even further with Morning Routine, which makes you scan products in your home before the alarm turns off. Set it to a link to show a favorite video, show, or song to energize you once the alarm has been stopped.



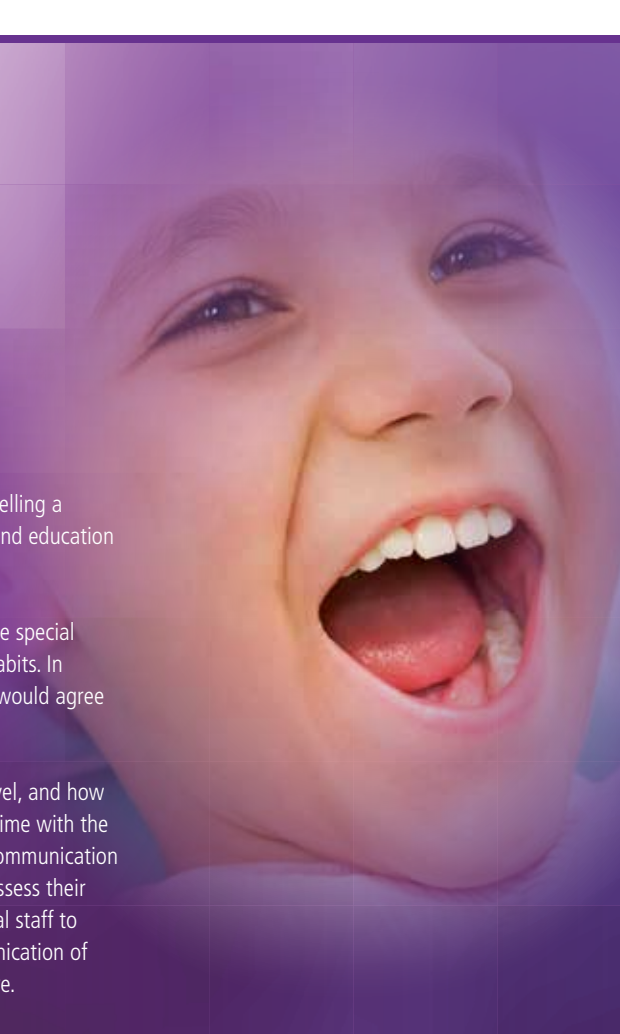
THE FUTURE IS IN Your Hands

Creating a Positive Experience for Children in Treatment

Let's face it. Going to the dentist can be a scary experience for a young child. The responsibility of quelling a patient's anxieties is in the hands of the entire clinical team. So is guidance toward communication and education to make the experience less scary, while still promoting good oral health. This is where you come in.

We're very fortunate to work in the dynamic field of pediatric dentistry, where assistants are given the special opportunity to closely interact with children and have a very real impact on their future oral health habits. In playing a direct role in a child's safe and effective dental treatment, most pediatric dental assistants would agree that behavioral guidance is one of the most integral aspects of treating kids.

A great dental assistant should have the ability to determine the child's developmental level, pain level, and how the parent-child communication affects their behavior. Since a dental assistant usually spends more time with the child than even the doctor, it's paramount that they are keenly aware of the child's needs and how communication is delivered. Effective assistants watch a patient's facial expressions and body language in order to assess their pain level. Assistants must also serve as a glue between the doctor, patient, parents, and other clinical staff to create a sense of calm and reassurance for the child through great communication. Effective communication of the process will build trust and confidence in each young patient so that their future visits are positive.



CHAIRSIDE CHATTER SITUATION OF THE MONTH

Dear Pediatric Pro,

I recently moved to a new city, and I will go to my very first day at a new pediatric practice next month. I am really looking forward to getting to know the team there and making a great first impression, but I'm really nervous because I've heard that this particular office prides itself in having very high standards for their team's physical appearance.

Do you have any pointers on how to present myself on the first day to communicate how serious I am about the job and that I am grateful for the opportunity? Any advice you have to help calm my nerves and make me more confident about how I look at work is greatly appreciated!

— Mona M., FL

Mona,

Congratulations on the new job! I hope your transition is smooth and painless.

Every job has its own set of expectations when it comes to appearances, but when it comes to dental practices, it's very important that patients interact with

a team that always looks clean and smart. Here is some advice I hope you will take to heart, not only on your first day, but every day as you continue to grow as a professional.

As you've probably found, scrubs aren't always the most flattering attire. That being said, a true dental professional knows that simply visiting a tailor to ensure your scrubs fit perfectly to your unique shape can make all the difference. And don't neglect your ironing. An assistant should not look like they've picked up their scrubs from a rumpled pile.

Aside from having tailored, crisp scrubs, make sure to always keep your face and teeth clear, breath fresh, and, if it is long, your hair pulled back neatly. If you normally wear excessive makeup and jewelry, scale it back at work. A natural and understated look is always more appropriate in this line of work.

Lastly, take pride in your appearance inside and outside the office. One of the best parts of what we do is building relationships with our patients. And since you represent the practice and the entire team there, remember to dress sharp when you're out and about in public as well.

— Pediatric Pro

ENJOY A LAUGH ON US!



Funny Holidays: We're all familiar with Christmas and New Year's, but have you heard of these less-traditional National Holidays? This season, spice things up around the office (or home) by celebrating a few of the following:

Dec 13 International Children's Day

Dec 18 Bake Cookies Day

Dec 21 Humbug Day



Jan 10 Houseplant Appreciation Day

Jan 16 National Nothing Day

Jan 25 Bubble Wrap Appreciation Day

BLUEBERRY MUFFINS

Blueberry muffins are delicious, and besides being a great snack on-the-go or at the breakfast table, they're loaded with our favorite superfood: blueberries! Enjoy this quick and easy one-bowl recipe!



INGREDIENTS

- 1 1/2 cups flour
- 3/4 cup sugar
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 1/3 cup canola oil
- 1 large egg
- 1/3-1/2 cup milk or milk alternative
- 1 1/2 teaspoon vanilla extract
- 6-8 oz. fresh or frozen and thawed blueberries

INSTRUCTIONS

Heat oven to 400 degrees F. Line 12 standard muffin cups with paper liners. Whisk together dry ingredients, then add oil, egg, and milk. Mix, then add vanilla. Last, very gently fold in blueberries with a spatula, so as not to crush the fruit. Divide batter between cups. Bake 15-20 minutes until tops are dry and an inserted toothpick comes out clean. Muffins will keep for 2-3 days.