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PICKING THE PERFECT SOUVENIR

A way to preserve or share a piece of your trip is to bring home a souvenir, but choosing a souvenir isn't always a stress-free experience. How do you pick the perfect souvenir and not just the first thing you see in a tourist shop? Here are some tips for picking a truly meaningful gift for yourself or your loved ones.

Who are you buying for?

What are your recipient's interests, or what do they spend the most time doing? If you're buying for yourself and enjoy coffee, you might buy a local coffee blend to enjoy from home. However, if your recipient doesn't enjoy coffee or rarely drinks it, that type of gift might not mean much to them.

Is it legal to bring home?

Whether you're traveling domestically or internationally, there are many regulations that affect which souvenirs you can bring home. Even if you find the item in a tourist shop, that doesn't mean it'll be allowed into the country or even onto the plane. And the TSA does take this seriously. In 2012, two tourists were detained at the U.S. border for trying to bring home chocolate Kinder eggs — a specific kind that are illegal in the U.S. due to the potentially hazardous small toys inside.



Purchase a handcraft.

Handicrafts — items created by local artisans — are awesome souvenirs! But make sure you buy where artisans actually sell their own goods, such as an open-air market. Unfortunately, while some popular tourist shops may sell "locally made goods," many souvenirs intended for tourists are actually made by cheap manufacturers in other countries.

Keep something from the adventure.

Bringing a glass bottle to take home some sand is a popular way of creating your own souvenir from a beach vacation. But you can do this with almost any item! Whether it's stones, ticket stubs from favorite shows and activities, or a handmade item from a class, make sure to look out for souvenirs that'll remind you of great memories and experiences.

We hope these tips will help you make the best choice. Bon voyage!

WE CAN'T WAIT TO SEE YOU!

THE AMERICAN ACADEMY OF PEDIATRIC DENTISTRY CONFERENCE IS HERE!

Summer is just around the corner, that can only mean one thing: The summer busyness is almost here and also the annual meeting of the American Academy of Pediatric Dentistry (AAPD) is happening soon, at the end of May in San Diego, California! The PDTA will have a booth there, so please stop by and say hi! We love seeing all of our members, and there will be a contest for one free registration for the 8th Annual PDTA Conference in Atlanta, Georgia, Oct. 7-8.

And, speaking of the upcoming 8th Annual PDTA Conference, we've heard you! We've used your responses to our recent survey to help us develop topics, and it seems that both sedation and communication skills were the most requested points of discussion. The two-day conference will focus primarily on best communication skills and practices with a full day on sedation (non-clinical). As a reminder, by signing up in the early bird registration period (before Sept. 3), you'll save money!

On the first day, Shelly Short will discuss the importance of each team member's role in the success of your practice. Also during day one, Dr. Haugseth and Michelle de Valk will present on communication, front desk/telephone etiquette and how communication mishaps in your office can create major problems! Suggestions for preventing these miscommunications will be presented. If all members of your team are properly trained on this, then essentially everyone throughout the office can answer the phone, reducing hold times and keeping the office flowing, thus increasing practice productivity and profitability.

Day two will be centered around sedation procedures, and every topic will be taught by MDs, providing a medical aspect and viewpoint. From the first person who gathers the medical history, all the way to the last person who discharges the patient, each part is critical. Each speaker will be about an hour long and will outline the sedation preparation process for parents and patients, the pre-sedation assessment, adverse events related to sedation, and procedural sedation monitoring.



Many of you have called the association, expressing concerns about the difficulty of finding quality people to hire. We know there is such a shortage, so we've developed information and helpful resources, all posted in the member's area of the PDTA website to help you address these staffing and hiring issues.

Many practices and doctors have successfully worked with Dr. Haugseth to establish a pediatric dental school in their area and that has eliminated their staffing issues.

So, if you'd like to meet with Dr. Haugseth about setting up a school in your area, just send us an email or call us and set up a meeting while at the AAPD Conference in San Diego, California, at the end of May.

Hopefully, we will see you at both the AAPD Conference and the October PDTA Conference. Be sure to stop by and say hi — we love seeing your smiling faces!

Rhea
Rhea M. Haugseth, D.M.D.

THE ART OF QUIETING YOUR MIND BEFORE BED

All day long, thoughts run through your mind, and by the end of the day, your head is probably ready to explode. After all, it's estimated that in 24 hours you can have between 60,000–80,000 thoughts. At some point, your brain needs a break, and that's especially true before you try to go to bed. Here are some ways to quiet your mind, so you can get a full night's sleep!

Keep your bed for sleeping.

If you aren't sleeping, get out of bed! Getting in the habit of scrolling through your phone, watching TV, reading, working, or even eating in bed teaches your brain that your bed is for things other than sleeping! If you find yourself tossing and turning, get out of bed and try a relaxing activity such as reading, journaling, listening to music, or meditating. When you get tired, try getting back in bed.

Breathe deeply.

Breathing exercises can not only help calm your mind and spirit, but they can lower your heart rate, which is especially beneficial in relieving stress or anxiety when things are upsetting you.



Write it down.

Instead of letting thoughts fill your mind right before bed (such as the next day's tasks or any worries you have), set aside time before bed to write it out. Whether you are a fan of journaling, writing letters, or simply just listing out your problems, goals, and thoughts, grab a pen and paper and make it a nightly routine. This way, your thoughts will be freed before your head hits the pillow.

Try a light snack.

When you can't sleep, the last thing that you want to do is eat something heavy. In fact, when you eat a large meal right before bed, your digestive system can become overwhelmed. But, studies have shown that eating a light carbohydrate snack such as crackers or popcorn when you can't sleep may be helpful.

Turn your room into a sleep haven.

Keeping your bedroom neat, relaxing, and calm can help improve your sleep! Keep all televisions, computers, and screens out of the bedroom and furnish it with soft colors and textures that are tranquil and soothing to you.

Pumping the brakes on worrisome thoughts racing through your mind can be tough, but trying these tips and tricks may earn you some relief and much needed sleep.

PADDLE YOUR WAY TO BETTER HEALTH

BIG BENEFITS OF CANOEING AND KAYAKING

The weather is getting warmer, which means you can do more activities in the water. Canoeing or kayaking is an excellent way to get outdoors and be active. Besides looking at the beautiful scenery around you, taking to the water confers several physical and mental health benefits.

Physical Benefits

- Paddling can help **improve your upper-body strength and muscle tone** — because you're using your arms to guide yourself through the water with the paddle. Paddling helps strengthen your arms, shoulders, chest, and back.
- You use your legs to balance, maneuver, and change directions in the vessel. In turn, this movement helps **strengthen your lower-body muscles**.
- While trying to stay centered and balanced on the water, you will **develop more core strength**. Paddling helps work your lower back, abs, and oblique muscles.
- It's a form of cardiac exercise that will **help your heart circulate**



more blood throughout your body. It will also improve your endurance, enabling you to go longer distances faster.

Mental Benefits

- While canoeing or kayaking, your body releases serotonin, dopamine, and endorphins from neurotransmitters. This will help **boost your mood and self-confidence and improve your focus**.
- These activities can **enhance your memory and learning ability**. This is because it exercises your hippocampus, one of the largest portions of your brain that is responsible for verbal memory and learning.
 - If you have trouble sleeping, this activity can **improve your sleep**. Exercising during the day can make you naturally tired, which helps you fall asleep and stay asleep throughout the night.
 - Since you'll be in the sun, your body can produce **more vitamin D**. This vitamin is essential for strong bones and an effective immune system.

Canoeing and kayaking are great outdoor activities to help you get your daily dose of physical activity and a mental health boost. So, enjoy the warm weather and be one with nature — this may be your new favorite summer hobby this year!

SITUATION OF THE MONTH

Dear PDTA Pro,

We are a bit short staffed, and in trying to find the perfect team members, we've had some difficulty in our hiring process. It seems like every few months, we hire someone new because a previous new hire didn't work out, despite great training. It just wasn't the right fit. What can we do to make our hiring process a bit more successful and reduce our stress?

-Feeling Defeated

Dear Feeling Defeated,

Don't throw in the towel or settle for unsatisfactory just yet! This seems to be a common problem across the board in all businesses, not just dentistry, and more specifically, pediatric dentistry. Many offices are feeling the pinch of trying to find the right candidates to hire. We recommend hiring for soft skills and then train for the job position.

On our website, we have resources and information on how to run ads, conduct telephone screens and interviews with potential candidates, host in-person interviews, and finally, how to hold a working interview. The best part is that these resources are adaptable to your specific office to help you find success in your screening and hiring process.

Also, as Dr. Haugseth discussed in the cover article, having your own pediatric dental assistant school offers you the opportunity to choose the best candidate for your practice from the students you trained. In the school.

Once you check out the resources on our website, let us know your thoughts and if you'd like to chat about this some more!

We are always here to help!

-Pediatric Pro

HAVE A LAUGH



BANANA BARS WITH CREAM CHEESE FROSTING

INGREDIENTS

- 1 cup butter, softened and divided
- 1 ½ cups sugar
- 2 large eggs, room temperature
- 1 cup sour cream
- 1 tsp vanilla extract
- 2 cups all-purpose flour
- 1 tsp baking soda
- ¼ tsp salt
- 2 ripe bananas, mashed
- 8 oz cream cheese, softened
- 2 tsp vanilla extract
- 4 cups powdered sugar

DIRECTIONS

1. Preheat oven to 350 F.
2. In a large bowl, beat 1/2 cup butter and sugar for 5–7 minutes with electric mixer until light and fluffy. Add eggs, sour cream, and vanilla and beat until smooth.
3. In a separate bowl, combine flour, baking soda, and salt. Gradually combine with the wet mixture. Stir in bananas.
4. In a greased pan, spread the mixture evenly and bake for 20–25 minutes. Remove from oven to cool.
5. In a large bowl, beat cream cheese, remaining 1/2 cup butter, and vanilla until the mixture is fluffy for frosting. Gradually beat in enough powdered sugar to achieve desired consistency.
6. When bars are completely cool, frost and cut into squares. Store in the refrigerator.

Inspired by TasteOfHome.com