

Inside This Issue

- p.1 The 8th Annual PDTA Conference Is Here
- p.2 Your Guide to Family and Medical Leave
- p.2 Situation of the Month
- p.3 Balance Training Key to Quality Movement
- p.3 No-Fuss Chicken and Rice Soup
- p.4 DIY Fall Scavenger Hunt for the Family

READY, SET, SCAVENGE!

EXPLORE WHAT AUTUMN OFFERS

As the leaves begin to fall and the air becomes cooler, it is a sure sign that summer is slowly coming to an end. Though we will miss the pool parties and backyard barbecues, there is still lots to look forward to during fall.

Autumn is known as the season of change, and getting the kids outside allows them to understand and explore the changes going on in the world around them. Creating a fall scavenger hunt is a great way for kids to practice their reading and observation skills, all while still enjoying the outdoors.

Signs of Fall

Creating a specific scavenger hunt for signs of autumn is a great way to enhance your child's observation skills.

Consider the following for your signs of fall hunt:

1. Leaves that have changed colors
2. Tree seeds or pine cones that have fallen to the ground
3. Items from a fall harvest (like pumpkins, sunflowers, or hay bales)
4. Changes among people's apparel (such as jackets, hats, and scarves)
5. Animals hibernating or migrating



Fall Color Wheel

The best way to explore autumn's colors is by creating a fall color wheel hunt! Since the leaves are the surest signs of fall, kids can compare and contrast the different colors of each leaf they find, making this a fun hands-on activity.

You can either download a color wheel template from the internet or make one yourself! All you need is a piece of paper that's big enough for kids to tape the leaves onto and different areas for the colors red, yellow, orange, and brown. This will help kids see the different kinds of leaves as well as their visual changes during the season.

The weather is getting colder, but it doesn't mean you have to hibernate too! Bundle up with a cozy sweater and beanie, and encourage the family to get outside to explore all of the wonderful changes autumn has to offer.

ARE YOU WITH ME?

THE 8TH ANNUAL PDTA CONFERENCE IS AROUND THE CORNER!

It's officially time to put summer behind us as we welcome the first day of fall this month. I hope you all had time to relax, vacation, enjoy family, and explore, but now, it's time for the back-to-school season and our 8th Annual PDTA Conference from Oct. 7-8. Before we know it, Halloween will be kicking off the holiday season. Things are about to get busy.

With kids heading back to school, I know it's a little slower in the office and a time to evaluate where you are with your goals for 2022 and how your team is and office systems are functioning. You know as well as I do that training your team and keeping them up to date with the latest and greatest in pediatric dentistry is important. After all, your staff is the backbone of your practice, and sharpening their skills is critical to your office's success.

At this year's PDTA Conference, our training will largely focus on collaboration and cross-training throughout your office. To keep things flowing smoothly and ensure your team members work together as seamlessly as possible, everyone must know how their cog fits into the big wheel, and they must be aware of all other roles and processes as well.

In addition to that, we will be conducting phone and communication training. It's essential that all team members are properly trained on how to talk to patients both over the phone and in person. The last thing you could ever want is someone accidentally sparking a fire in the office due to something they said, wrote or misstated.

The second day of the conference will be completely dedicated to procedural pediatric sedation. Everything from the moment that a patient calls and inquiries about an appointment, when they come in for their evaluation, all the way through their discharge from the office/ surgicenter and even your follow-up call will be outlined and discussed in detail. So, come prepared with your questions! Keep in mind that every single person in your office plays a role in this process and this training will help them see the overall picture and how essential every step is to the success of that one sedation appointment.

For more information on the 8th Annual PDTA Conference, visit our website at www.thePDTA.org, and click on the banner at the top of the page for the PDTA 8th annual conference.

As a pediatric dentist just like you, I know how important it is that we constantly look for ways to improve our offices, and giving your team the chance to develop and expand their skills is a great way to do that. I look forward to seeing your entire team at the conference on Oct. 7-8 in Atlanta

Rhea

Rhea M. Haugseth, D.M.D.

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LIFE CAN BE UNPREDICTABLE

PRESERVING THE BALANCE OF WORK AND FAMILY LIFE

"Like our content? Use the provided articles in your company blog or Facebook posts!"

Workers shouldn't have to choose between the job they need and the family members they love. The Family and Medical Leave Act (FMLA) was created to allow employees to take reasonable unpaid leave for a particular family or medical reason so they can maintain a work/life balance.

What does it provide?

The FMLA provides eligible employees up to 12 workweeks of unpaid leave a year with the requirement of group health benefits to be maintained during the leave as if employees were continuing to work. They are also entitled to resume their same or equivalent job at the end of their FMLA leave.

Who is eligible for FMLA?

FMLA applies to all public agencies, all public and private elementary and secondary schools, and companies with 50 or more employees.

Employees can be eligible for FMLA if they have worked for their employer for at least 12 months, worked at least 1,250 hours over the past 12 months, and work at a location that employs 50 or more employees within 75 miles.



When can I use FMLA leave?

An eligible employee can be granted up to 12 workweeks of unpaid, job-protected leave in a 12-month period for the following reason(s):

- Birth of and/or bonding with a newborn child
- The placement of a child for adoption or foster care with the employee
- To care for an immediate family member with a serious condition (child, spouse, or parent, but does not include parent-in-laws)
- To take medical leave when the employee is unable to work due to a serious health condition
- For qualifying exigencies arising out of the fact that the employee's spouse, child, or parent is on covered active duty or call to covered active-duty status as a member of the National Guard, Reserves, or Regular Armed Forces

The FMLA exists so employees can tend to their families without worrying about their job, allowing them to provide the best care for their loved ones. For more information regarding whether or not your company is eligible for FMLA, check out your local government agency for more details.

FIND YOUR BALANCE

5 EXERCISES TO IMPROVE BALANCE

Though we may not always think about it, balance is essential to just about everything we do in our daily routines. From simply getting out of bed, leaning over to tie our shoes, or even walking to the mailbox, we need good balance to keep ourselves steady while performing normal tasks.

Know why balance is important.

Balance is the ability to control your body's position, whether stationary or moving. It is a key component of fitness that many people neglect while developing their fitness regimen. Balance training is a great way to help your body recognize where it is and control movements in a given space. When the body knows where its limbs are in space — known as proprioception — it is able to produce smooth, controlled movements with fewer risks of injuries.

Reaction time and agility are also improved with balance training. The body learns how to quickly correct itself but not overcompensate and has the ability to quickly change direction effectively and efficiently.

Though balance training is important for everyone, it is especially important for those who have problems due to illness, weakness, or dizziness. It allows them to overcome stiffness or unsteadiness and to develop an awareness of body segments and how to align them.

These exercises help with balance.

Balance training involves exercises to strengthen the muscles that help keep you upright and improve stability. These types of exercises can be done as often as you like or even every day.

Consider trying the following exercises:

- Standing with your weight on one leg and raising the other leg to the side or behind you.
- Putting one heel right in front of the other foot, as if you were walking a tightrope.
- Standing up and sitting down from a chair without using your hands.
- Walking while alternating knee lifts with each step.
- Stretching and gentle movement as part of yoga or tai chi.

Balance is essential to living a healthy, functional life. It's important to incorporate balance training into your fitness regimen. That way you can decrease the risk of injuries and help move freely and confidently.

SITUATION OF THE MONTH

Dear PDTA Pro,

Whew, it was a long summer, but we've made it! The summer rush seems to be coming to a bit of an end, but as you mentioned in the cover article, back-to-school season has families busy, especially with Halloween and Thanksgiving just around the corner. We want to be sure that our patients and their families keep us in mind and remember to keep up with their cleanings and appointments. What are some promotions or ideas to engage them during this busy time?

-Let's Stay Top of Mind

Dear Let's Stay Top of Mind,

We are so glad to hear that you stayed busy and recognize the importance of continuing to engage with your patients, even after their appointments or procedures. The key here is to really approach your engagement from a few different angles! For those patients who have appointments in the office this time of year, you can consider a few fun, in-office ideas.

Coloring contests or writing contests for patients describing their favorite thing they did over the summer are also a great way to strike up engagement, and children can submit their masterpieces both in person and online via Facebook. You could run a contest with parents posting their entries on your practice's Facebook page, have parents let their friends and family know to go onto your practice's Facebook page and like their post. Whoever has the most likes wins a prize you have chosen! You may think about setting up a drive for Thanksgiving food pantries or a Halloween candy donation drive.

Keep in mind that social media is the place where you should be constantly posting helpful facts, tips, and updates. No matter how busy families get, it seems that most parents find time to do some scrolling from time to time.

We hope that you have a great fall (and football) kickoff. Will we be seeing you at the 8th Annual PDTA Conference? We hope so!

-Pediatric Pro

HAVE A LAUGH



NO-FUSS CHICKEN AND RICE SOUP

INGREDIENTS

- 2 tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 3 carrots, sliced
- 3 celery ribs, sliced
- 2 chicken bouillon cubes
- ½ tsp dried parsley
- ¼ tsp pepper
- 4 cups chicken broth
- 4 cups water
- 1 ¼ lbs bone-in, skinless chicken thighs
- 1 cup uncooked white rice
- Salt, to taste

DIRECTIONS

1. In a large pot over medium-high heat, warm the olive oil. Add the onion and garlic and sauté for 5 minutes. Add the carrots and celery, then sauté for 1 more minute.
2. Add the bouillon, parsley, pepper, chicken broth, and water. Stir, then add the chicken thighs.
3. Cover and simmer on medium-low for 30 minutes, then add the rice. Stir, cover, and simmer for 15 more minutes.
4. Remove the pot from the heat and transfer the chicken to a large bowl. Shred the meat and add it back to the soup. Discard the bones.
5. Stir, salt, and serve!

Inspired by RecipeTinEats.com