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STRAIGHT TEETH, NO METAL BRACES NECESSARY

Invisalign is the perfect way for patients of all ages to achieve the smile they've always wanted. Because Invisalign uses clear aligners rather than traditional braces, you won't have to deal with broken brackets or long adjustment appointments. Invisalign is discrete, easy, and effective. Both of our dentists perform free consultations for adults as well as teenagers. Call today to schedule your consultation and find out if Invisalign is right for you.

**GET MORE OUT OF GAME NIGHT
USE BOARD GAMES AS A TEACHING TOOL**

In this digital age, having a family board-game night every few weeks is a novelty. Putting away the electronics and having fun face-to-face with your kids is reason enough to make this a family tradition. But did you know that board games can also teach your kids valuable life skills? Here's the best way to facilitate this learning as a parent.

FIND THE RIGHT GAME FOR THE RIGHT AGE

It's important to find games that fit your children's abilities. Complex rules, small pieces, or mature content can make some games inappropriate for young kids. The first thing you should do is check the recommended age range on the packaging. This will help you find the best match for your kids.

CONSULT THE RULES

Whether you're new to a game or an old pro, it's worth spending some time going over how the game is played. Not only will this help you teach your kids how to play a new game, but these rules also provide valuable insight into the skills the game teaches. Even games of pure chance, like Chutes and Ladders, can teach young kids motor skills, a sense of fair play, and what good sportsmanship looks like for both winning and losing.

Does the game have rules for trading among players, like Monopoly or Settlers of Catan? These sorts of games are a great way to teach social skills. Does it offer multiple paths to victory, like Chess or Tokido? These games teach strategy and critical reasoning. Games like Pandemic require players to work together, teaching valuable teamwork and leadership skills.

TEACH BY EXAMPLE

While gameplay itself can be a great teacher, being a role model for your children during game night is the most important thing you can bring to the table.

No matter their age, showing your kids how to lose gracefully, win magnanimously, and have fun no matter what are skills they will carry with them the rest of their lives.



September 2018

**A VERY PLEASANT SURPRISE
COURTESY OF OUR WONDERFUL PATIENTS**

I'VE ALWAYS BELIEVED THAT WE HAVE THE BEST PATIENTS IN THE WORLD.

They are remarkable people who make coming to work every day a joy. We see people from all walks of life, and they inspire us to do our best. Recently, our patients provided me with a compliment that had a massive impact on me – one that took me utterly by surprise.

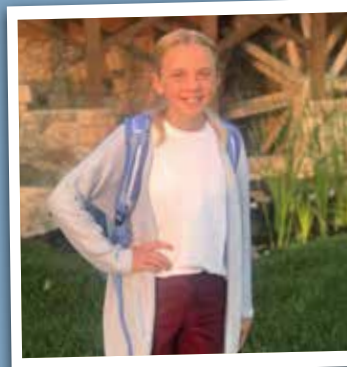


A few weeks ago, I was going about my business when my daughter, Brittany, popped into my office. She works at the practice, so I didn't expect anything unusual.

"Dad, did you see the news?" she asked me.

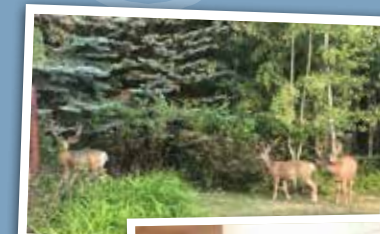
"What news?" I replied.

"We just got named best dentist in Meridian for 2018 by the Meridian Press," she said.



My jaw dropped so fast that I probably looked like Genie from "Aladdin." I didn't even know this year's winners had been announced, let alone

that we would be counted among them. We didn't solicit nominations or ask patients to vote for us, which made the realization that we'd won all the more powerful. I don't know if anyone organized a group effort to get us to the top spot, but whatever the case, words cannot express my gratitude. The most meaningful recognition we can ever receive is the kind that comes from our patients. For you all to share such enthusiastic praise about the care you receive at Castlebury Dental is an honor I won't soon forget.



I hope that one of the characteristics patients appreciate about Castlebury Dental is our desire to provide the latest and greatest in dental services. We are always on the lookout for new technology and treatments to improve our practice. Recently, we added a new scanner that creates incredible, high-resolution images with the simple flash of a wand. The imaging requires zero radiation and is so accurate that it can be used to create Invisalign aligners without the need for messy impressions and molds. Whether or not you're considering a straightening regimen, we encourage you to check out

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INVOLVED BUT NOT OVERBEARING

PARENT-TEACHER ETIQUETTE TO SUPPORT YOUR CHILD'S DEVELOPMENT

Helicopter parents are the bane of every teacher's existence. With the return of back-to-school season, it's vital to find a happy medium between the tiger mom who bares her teeth at the smallest setback in her child's schooling and the laissez-faire parent who is totally disengaged from their kid's education. Here are a few tips to keep you involved in your child's educational development while fostering relationships with their teachers in a way that won't drive all of you up the wall.

1. Be a little empathetic. Teachers are some of the hardest-working people in the world, wrangling the disparate needs of around 25 children day in and day out while attempting to get them to actually learn something. It's a high-stress, low-paying job. In the midst of grading 300 research papers written by 12-year-olds, the last thing they need is the added pressure of concerned parents bearing down on them. If you can approach a teacher from a position of understanding and be willing to give them the benefit of the doubt, you'll be off to a good start.

2. Show up and keep an open mind. Ask any teacher in the country, and they'll undoubtedly tell you that one of the best predictors of a child's success is whether or not their parents make an appearance at parent-

teacher conferences. Your engagement should go beyond that. Use the teacher's preferred method of communication to stay in semi-regular contact with them – always ensuring that you keep an open mind about any praise, suggestions, or concerns they have about your child.

3. Teach your child to take responsibility. Aside from leaving your kid completely to their own devices, one of the worst things you can do is swoop in to solve their problems for them at the slightest hint of adversity. Maybe that D your kid got on their algebra test really was their fault. It's important to acknowledge your child's missteps, but you should also try to equip them with the tools necessary to advocate for themselves. Learning to articulate what's going wrong or what they need from their teacher will help them to develop positive and effective communication skills.

The key is to work together with your child's teacher without being overbearing. Don't come in with guns blazing at the first sign of an educational slip. Think of your kid's schooling as a collaborative effort – maybe one in which you're a little less involved than the teacher – and you'll be giving your child the best chance of success.

DID YOUR WORKOUT ROUTINE TAKE A SUMMER VACATION? JUMP BACK IN WITH THESE STRATEGIES

With barbecues, trips to the pool, and indulging in refreshing beverages on the patio, summer is full of relaxation and fun. But those heart-pumping, muscle-building trips to the gym may have become less frequent during the warmer months. If your workout routine went on its own summer vacation, here are three strategies to get back to it.

1. Find something you like to do. Maybe part of the reason your fitness routine took a break was because you didn't enjoy doing it. If that's the case, re-evaluate your options. There is no superior form of exercise, and there are plenty of options to align with your preferences. If you couldn't get enough of hiking in national parks over the summer, join a hiking group in your community. If you prefer being on a team, look for a local adult league for your favorite sport.

2. Set yourself up for success. You *would* go to that 5:30 p.m. boot camp class, but it's right in the middle of your daughter's dance practice. Getting to the gym is half the battle, so make it easier on yourself by preparing in advance. Find a facility with a schedule that

easily fits yours. If you're planning to work out in the morning, set your clothes out the night before, and choose an energetic song for your alarm. If there's a class after work, consider leaving an extra set of gym clothes at your office so you'll never have an excuse not to go.

3. Make your workout an unavoidable part of your day. It's tempting to join your coworkers for happy hour, especially when that outdoor patio is just around the block from your office. But what if it were that easy to get to the gym? Look for facilities that are on your commute, near your work, or close to home. If it's easy to get to, you'll be more likely to go and still have time for that drink afterward.

It may take time to make your workout routine a seamless part of your life, but implementing some of these strategies will make it easier and more enjoyable. You might even find yourself looking forward to back-to-the-gym season!

DEALING WITH DENTAL ANXIETY

DON'T LET STRESS SCARE YOU AWAY FROM THE DENTIST

No one likes going to the dentist – after all, the thought of someone else snooping around in your mouth isn't pleasant. It's pretty common to feel stressed at the dentist's office, but for some people, that stress can escalate to a phobia.

Dental anxiety can cause a host of dental problems. Many people who struggle with this anxiety will only visit the dentist when they absolutely need to. But rushing to the dentist due to an emergency only makes the patient's anxiety worse. Emergency experiences are never pleasant and can add more stress to a trying situation.

If someone is already nervous about going to the dentist, making an appointment for something far worse than a simple cleaning isn't the solution. Their opinion of dentists is only going to worsen in situations like this, creating an unpleasant case for the patient and dentist.

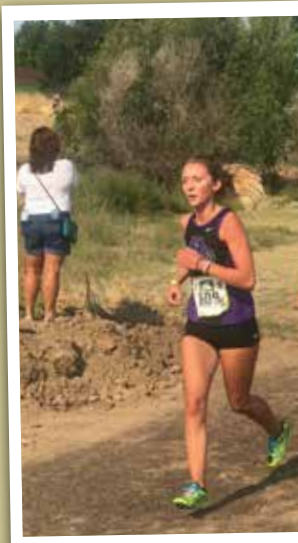
Managing your dental anxiety isn't easy, but it can be done, and you don't have to rely on sedatives to make it through an appointment, either. An easy way to minimize anxiety is to show up to your

appointment on time – never early. Although this strategy might seem too simple to work, it minimizes the time you spend in the waiting room. The longer a patient sits, the more time they have to mull over any previous bad experiences, imagine things that could go wrong, or anticipate the expected discomfort.

Communicate your anxiety to your dentist. Getting to know your dentist and their process can lower stress levels and uncertainty, and your dentist may have suggestions on how to make you comfortable once they know how nervous you are. Talking through the procedure beforehand and afterward will help you understand what to expect and what's already happened.



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the scanner for yourself. It's pretty cool and will give you a picture of your teeth that you've never seen before.

At home, we're busy gearing up for the back-to-school season. Soccer and cross country practices have already started for the high schoolers, and college is right around the corner. Two of our daughters are off to BYU this year, so we'll have to adjust to a slightly emptier house. Mostly, the arrival of school is a reminder of just how much our girls have grown and how much they've achieved. People tend to think of the end of a school year as the time to register these changes, but I feel them just as much at the beginning.

Before I sign off this month, I just want to say thank you one more time to all of our patients. We wouldn't be Meridian's best dentist office of the year without you, and I'm not just talking about your votes. You are the reason for Castlebury Dental's continued success. We never take that for granted.

-Dr. Brown



LATE-SUMMER PANZANELLA

Inspired by Food Network



Panzanella, a Tuscan favorite, is a salad that features hearty chunks of bread instead of leafy greens as its base. What could be better for a late-summer cookout?

INGREDIENTS

- 1 small loaf French bread, cut into 1-inch cubes (6 cups)
- 3 tablespoons extra-virgin olive oil
- 2 large tomatoes, cubed
- 2 red bell peppers, seeded and cubed
- 1/2 red onion, thinly sliced
- 1 cucumber, sliced into rounds
- 20 basil leaves, chopped
- Salt, to taste
- Vinaigrette

INSTRUCTIONS

1. Place a large sauté pan over medium-low heat and add olive oil. Add bread and 1 teaspoon salt, and toss often for 10 minutes or until toasted.
2. In a large bowl, mix vegetables and herbs. Toss in bread and your favorite vinaigrette and mix again.
3. Serve immediately or let sit 30 minutes to allow the flavors to meld together.