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Can You Handle the Truth???

48% of young adults have untagged themselves from a photo on Facebook because of their smile.

First impressions are hard to erase once made. Having a smile you feel confident about sharing, online and in person, is important for both your business and social life. Upgrading your smile can be a simple thing with dental treatment like tooth whitening, dental bonding, or Invisalign.

JOKE of the Month

Dentist: "You need a crown."

Patient: "Finally someone who understands me"

September 2020



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HOW TO CREATE LEMONADE WHEN GIVEN LEMONS

There are many ways life could knock you off your game and pull you down. In every case, it is possible to make lemonade when given sour lemons. In other words, in every way, the bitterness of life could be converted to a coveted sweetness. Only you have power over your life's lemons. **Here are a few alternative ways you could use that power over your life:**

Create a comedy out of every adverse situation and laugh

Some people are naturally bent toward laughter – and it can be the best medicine. Play a comedy out of every bitter situation several times in your mind until it makes you laugh. When you laugh, do so wholeheartedly. It is the perfect lemonade for your life's lemons.

Limit your pity party

When stuff happens, give yourself no more than 90 seconds to feel sorry for yourself, then start working on possible solutions. The more you focus on being a victim and what negative thing occurred, the more your thoughts will keep you down.

Find the lesson

Life happens *FOR* you, not *TO* you. Everything that comes your way is supposed to teach you and make you who you are ultimately to become. Even life's adversities can be a blessing if you look for the silver lining. Remember that positive thing may not be immediately evident. Sometimes negative things need to happen to prepare us for our future.

Look for creative solutions

When faced with a problem, think of possibilities in creative ways. For example, if you take a problem that you are having difficulty coming up with a solution for, start by listing all the roadblocks in front of you. Then for each of these perceived roadblocks, think of ways to get around each one of them – and think outside the box. You'll be surprised what you come up with when you break down a problem rather than staring at the whole mountain face on.

These are just a few ways you could make lemonade out of lemons and bring in more joy and vitality.



Tips, Tricks & Trends

Tips for keeping kids safe in sports

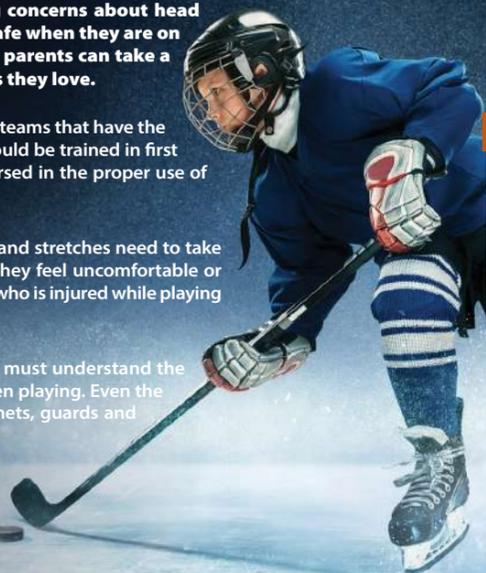
Safety has been a hot topic in youth sports for many years. Growing concerns about head injuries have only added to the conversation about how to keep kids safe when they are on the field or ice. While there's no guaranteed protection against injury, parents can take a few simple precautions to ensure kids are safe while playing the sports they love.

☑ **Check that qualified adults are supervising.** Choose sports leagues and teams that have the same commitment to safety and injury prevention that you do. Coaches should be trained in first aid and CPR and have a solid emergency plan. They should also be well versed in the proper use of safety equipment and enforce rules on equipment use.

☑ **Make sure your kids are properly rested and ready to play.** Warm-ups and stretches need to take place before every practice or game. Never push a child to play a sport if they feel uncomfortable or physically incapable of participating in the sport. Likewise, never push a child who is injured while playing to "play through" the pain of an injury.

☑ **Make sure kids are wearing the right protective gear.** Young athletes must understand the correct use of protective gear and know it needs to be worn at all times when playing. Even the best equipment won't prevent all injuries. Always check to make sure helmets, guards and other equipment are sized to fit properly.

☑ **Make safety an ongoing topic of conversation.** Parents and coaches shouldn't be the only ones who are educated about sports safety. Make it a point to talk to your kids about safety to ensure they understand how to protect themselves and the vulnerable areas of their body.



Fun Facts

That'll Astound Your Friends

- **Kids are starting earlier and earlier.** Sixty-seven percent of boys and 47 percent of girls are already on teams by age 6.
- **Kids are defining themselves by their sports.** Sixty-one percent of all boys who play say that sports are a big part of who they are. Thirty-four percent of girls say the same thing.
- **Kids aren't as concerned about winning as adults.** Seventy-one percent of children say they wouldn't care if no score was kept in their games.
- **Kids are learning good things from sports.** Sixty-seven percent learn to be a team player. Sixty-seven percent meet people they wouldn't have otherwise meet. Forty-two percent develop discipline.

HOW TO CARE FOR YOUR *Infant's Teeth*

Although your baby won't be born with visible teeth, it won't be long before you'll see their pearly whites begin to emerge! Baby teeth pave the way for adult teeth to come in, allowing each tooth to have its place. Although baby teeth will be lost over the course of their childhood, your child's primary teeth are essential to having healthy adult teeth. So how can you properly care for your infant's teeth to ensure they have a healthy smile? Here's what you can do throughout each stage of their teething process!

• Before Teeth Emerge

Your baby won't have teeth for about the first six months of his or her life. However, you can still clean your baby's mouth after every feeding by wiping their gums with a clean cloth, or, alternatively, a piece of gauze. Some parents choose to wait until the first tooth appears to begin cleaning their infant's mouth. However, cleaning your child's oral cavity after feedings now will get you in the habit of taking care of their teeth later on!

• Once Baby Teeth Emerge

Your child will get their first tooth around the age of six months, although every baby is different. Some children will get their first tooth as early as the age of two to four months, while others will get their first tooth later, around the age of one year. Once your child's first tooth appears, you should begin brushing it, using a very small amount of toothpaste, no bigger than a smear or a grain of rice [2]. Use a toothbrush with softer bristles and be gentle when brushing your baby's tiny tooth!

• When Your Baby Has Two Teeth That Touch

When that second tooth emerges and your child now has two teeth that touch together, you can begin

flossing. The first teeth to emerge are usually the lower central incisors, which come in at the center of the front lower jaw. Gently floss between your baby's teeth forming floss into a "C" shape around each tooth, and be careful not to force floss in between the teeth at risk of hurting the gumline. Flossing will help remove plaque from between the teeth to prevent tooth decay and gum disease!

• When Should Your Baby Have Their First Checkup?

Don't wait until your child is older to take them to the dentist. When they get their first tooth, around the age of six months or one year old, you should schedule a dental appointment for your baby. Some parents choose to wait a few months after the first tooth erupts. As long as you get your child in to see the dentist around the age of one year, you can ensure your baby's teeth are coming in properly and that they're healthy.

Your child's baby teeth are going to be important not just for their adult teeth, but also for their self-confidence as they grow up. By caring for your infant's teeth now, you can help them have a healthy smile later on!



BBQ Beef Pasta Skillet

with cheese

Ingredients:

- 1 lb lean ground beef
- 1 red bell pepper finely chopped
- 1/2 teaspoon salt
- 2 1/2 cups beef broth
- 1/2 cup bbq sauce
- 1 1/2 cups mini bow-tie pasta dry pasta, do not prepare
- 1 cup frozen corn thawed
- 1 1/2 cups shredded cheese

Directions:

- In a 12-inch skillet pan, over medium-high heat, add ground beef, red bell pepper, and salt. Cook and crumble until beef is no longer pink. Drain.
- Add the beef broth, bbq sauce, and mini pasta noodles. Stir together making sure that all the noodles are covered in the beef broth. Bring to a boil. Once boiling, cover with lid and reduce heat to medium-low. Let cook for 15-18 minutes, or until the pasta is tender and most the liquid is absorbed.
- Add in corn and 1 cup of the cheese. Stir until combined. Top with the remaining 1/2 cup cheese and cover with the lid for a few minutes until the cheese has melted.
- Serve with green onions if wanted.



Life Hacks: Better, Faster, Easier Solutions To Life's Little, Everyday Problems >>>

DIGITAL DECLUTTER

Hacks on how to get organized!

A tidy, well-ordered home is a priority for many of us. But while we tend to focus on closets, drawers and cabinets, one often neglected area is our digital properties - everything from our desktop computer to our smartphone. Hoarding digital clutter can take up space on your device, affect your productivity and make finding files more difficult. To bring some order to your tech chaos, try these simple tips.

Hit unsubscribe. Make sure any marketing emails you receive are for services and products you truly need and are interested in. Otherwise they're clogging up your inbox and tempting you to spend unnecessarily. The same goes for any channels or people you follow on social media - don't be afraid to let go of things and people that don't interest you anymore or stress you out.

Upgrade your system. It's easy to get annoyed at recommended update notifications and dismiss them, but your operating system and applications function better and more securely when upgrades are installed. Updates can also eliminate unnecessary files using up valuable device space.

Delete your downloads. This is a folder that can get real messy, real fast. Don't let your downloads folder get out of control by regularly going through it to move and rename files you do need and delete the ones you don't. After doing this, don't forget to empty your recycle bin.

Back up your files. Whether it's with an application that's on the cloud or an external hard drive, make sure to back up any important files you need. You don't want to accidentally delete the photos of your child's first step without having a backup somewhere.

Fun, Silly & Inspiring Quotes

"If a cluttered desk is a sign of a cluttered mind, of what, then, is an empty desk a sign?"

- Albert Einstein

"More and more of our imports are coming from overseas."

- George W. Bush

"The reason I talk to myself is because I'm the only one whose answers I accept."

- George Carlin

"Today you are You, that is truer than true. There is no one alive who is Youer than You."

- Dr. Seuss