

# SARA HAUMSCHILD

Owner, Inspired by Design



Photo by  
The McCartneys  
Photography

WOMEN CONTINUED FROM PAGE 13

*“As an interior designer I work with numerous people in the building trades, made up predominantly of men.”*

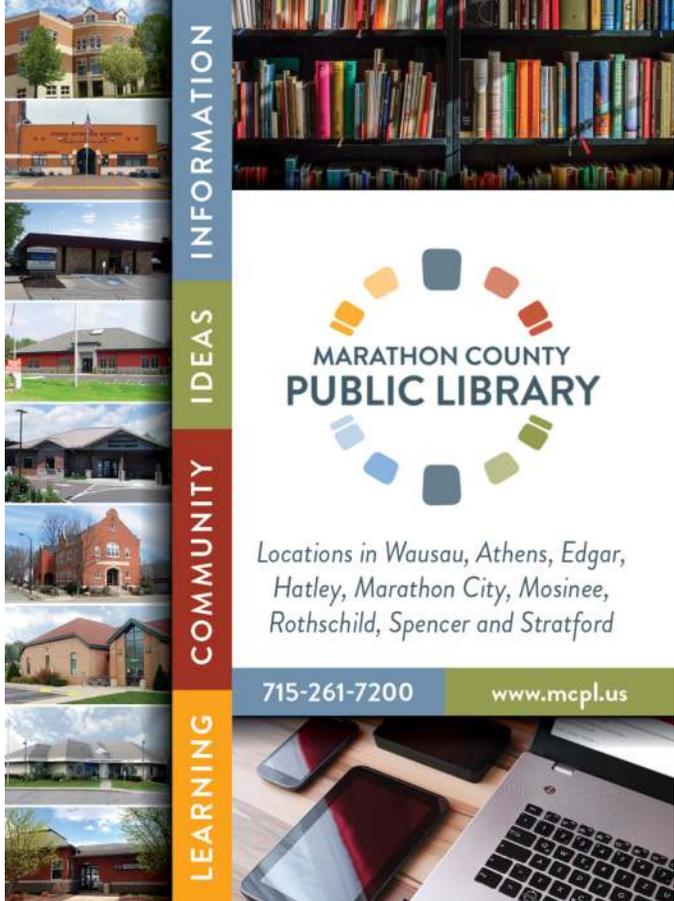
said Sara Haumschild, Owner of Inspired by Design in Wausau. “As a woman I feel I bring to the table a unique insight into what’s needed to bring the project together from both an aesthetic and functional aspect. In addition, I offer the skills and expertise to identify and accomplish a final product that truly represents my client’s vision.”



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# TIME FOR TEETH

## TIPS TO GET KIDS BACK INTO A DENTAL ROUTINE

Let's face it, moving to a new town is tough. Especially when kids are faced with elements outside of their established comfort zones. As parents, our job is to help our little ones adjust and to maintain as much normalcy as possible during this transition period. But what exactly can we do to help?

To find out, we sat down with Dr. John Clifford, DDS MS of First Impressions Pediatric Dentistry & Orthodontics and discussed the impact these stressful times may have on our kids, and the importance of continuing good healthcare routines during a move.



It's no secret kids can experience a setback during a big move, from your experience do you see an impact on your new patients?

*Absolutely, in general any disruption of normalcy can cause a lot of confusion for young minds! What worked well for my family during our move to Wausau - and what I recommend to my patients - is to mimic your previously established 'routine' as soon as you're able. The more predictability you can provide, the quicker your child(ren) may be able to adapt and adjust.*

*When it comes to a bedtime routine for example, make sure their bedroom and bathroom are the first things you set up when you move into your new home, so that everyday activities like brushing and flossing are met with less resistance. Their physical space may still feel relatively foreign, but re-establishing their routine instills a sense of calm and can help provide fast comfort for kids.*

*We also notice that comforting habits such as pacifier or thumb sucking can return (or continue beyond age three) for some children during this transition period. Dentists are a great resource to provide support and education for parents during these instances.*

My family just unpacked and there's a lot of things to schedule and organize. Is it really that important to have my kids see a dentist, or can it wait until things settle down?

*I would recommend prioritizing continuity of healthcare for your kids as soon as you're able. Of course, do your research to find a clinic that suits your family's needs, but then be sure you get appointment(s) scheduled right away. Having a dental resource established in your new community - and a familiar office to visit - helps ease in the transition and makes your child more comfortable should any dental needs arise.*

*Also consider that while moving there are so many additional factors that can compound and lead to quick decay if left unmonitored. For example, we'll commonly see a child's diet become highly variable during a move, as often times families will turn to quick, easy meals and snacks that may not be the best for their teeth. We also know that families have a tendency to lose established daily routines in the exhaustion of a move, making it all too easy to skip out on kid's brushing routines.*

*As a general rule of thumb, our office and the AAPD recommend establishing a dental home in your community by the time your child gets their first tooth or by their first birthday.*

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# first IMPRESSIONS

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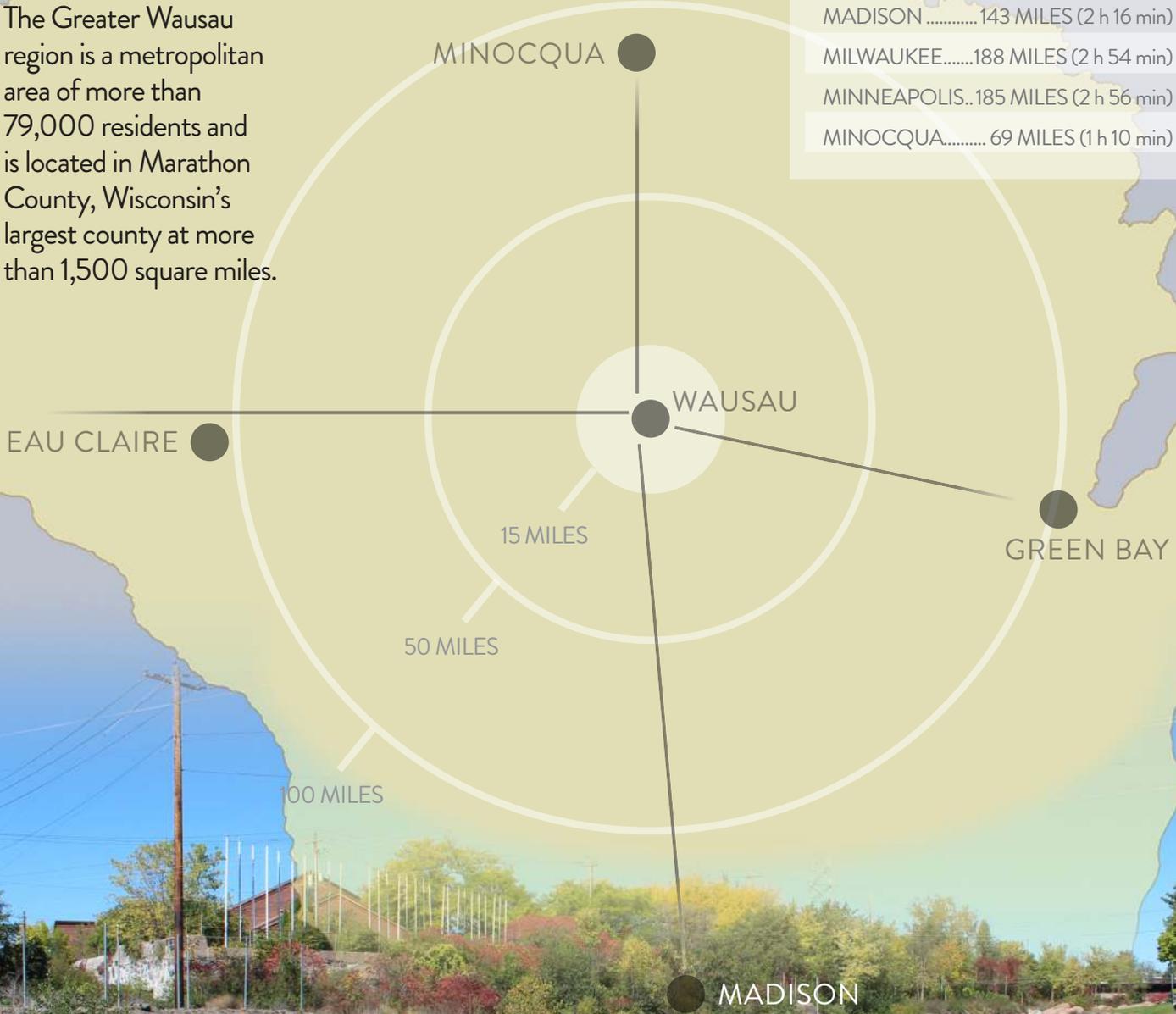


# A Central Location:

The Greater Wausau region is a metropolitan area of more than 79,000 residents and is located in Marathon County, Wisconsin's largest county at more than 1,500 square miles.

## DISTANCE FROM WAUSAU:

DULUTH .....	238 MILES (4 h 11 min)
EAU CLAIRE .....	99 MILES (1 h 38 min)
GREEN BAY .....	97 MILES (1 h 38 min)
MADISON .....	143 MILES (2 h 16 min)
MILWAUKEE.....	188 MILES (2 h 54 min)
MINNEAPOLIS..	185 MILES (2 h 56 min)
MINOCQUA.....	69 MILES (1 h 10 min)



Wausau  
Whitewater Park

Photo by Kelly Puntney

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# Outdoor Recreation

There's plenty of fun to be had outdoors in the Greater Wausau region. A new companion publication to this relocation guide is now available.

The Greater Wausau Chamber of Commerce's 2022-2023 Recreation Guide features profiles of some of the most popular and unique outdoor destinations in the region.