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## WHEN SHOULD YOU TEACH YOUR CHILD TO READ?

### AND HOW SHOULD YOU DO IT?

If your child is between 3-5 years old, you've probably noticed that they're becoming a lot more talkative. By the time children are 4, they can usually speak in 5-8-word sentences. That makes this age range the perfect time to get your child interested in reading.

However, this can raise a lot of questions. For starters, the question of *how* to get your child interested in reading is almost more important than when you do it. You may wonder how much time you should spend reading with them, how intensive reading time should be, and if you should make everything involving words and letters into a reading lesson.

While the answers to these questions will vary from child to child, there's one goal that every parent should strive for when teaching their child to read: Above all, help them enjoy it.

When your child starts kindergarten, learning to read will be a part of the curriculum. This doesn't mean you shouldn't try to teach them to read earlier, though. If your child loves to read, it can make their learning experience much more enjoyable.



There are plenty of ways to help your child enjoy reading from an early age. One is to simply read to them and make storytime fun. If the pig goes oink or the mailman has a funny, nasally voice, bring those features to life. You can also have your kids help you with daily tasks that require reading, like making a to-do list or shopping at the grocery store. When they're helping you and having fun, it won't feel like learning at all!

Finally, the best way to make reading enjoyable for your children is to enjoy it yourself. Your kids watch what you do, and if they see you enjoying a good book, they'll want to read even more. Reading opens up the world to them, and with your help, nothing will dull their love of learning.



APRIL 2020

# BURGDORF BEAUTY INSIDER

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## WHAT LEGACY DO YOU WANT TO LEAVE?

Between Easter and Plan Your Own Epitaph Day on April 6, this is a good time of year to think about the legacy you want to leave when you're gone. For me, the Tim McGraw song "Live Like You Were Dying" pretty much sums it up. We only get one shot, and we have to live our lives with the end in mind. I don't want to wait until my last day to say, "I wish I had operated on more people and left more of an impact," or "I wish I told my wife I loved her more and been a more patient father."

Integrity is central to the legacy I want to leave. Whether I'm dealing with a belligerent 5-year-old at home or a patient who's asleep on the table at work, I always try to treat that person with respect. I try to live with integrity in everything I do. No matter who I'm dealing with, I try to be unpretentious and treat them respectfully. My wife is the same way — she doesn't put on airs no matter whom she's talking to. That's something I've always loved about her.

Every now and then, I get into surgeon mode with my kids. I start acting like I'm in the operating room and I have total control. If I'm not careful, I fall into the trap of wanting perfection from them. It's easy to feel like they're a product of me and so they reflect on me. It's easy to want to have control over them, but in reality, they're their own people. They're going to go in their own direction and make their own mistakes. The best I can do is to show them, with my own life, what it means to live with integrity.

As a surgeon, I want to have perfection. My patients can rightly expect that from



me. But the truth is we're not made to be perfect, and we don't need to pretend like we are. We all make mistakes and go through struggles, and we don't always get that perfect result the first time. With my patients and with my kids, it's about making a commitment to walk through the journey with them. It's about saying that if you don't get a perfect result the first time, I am going to be right here with you walking every step of the way until we get where we want to be.

At Music City Plastic Surgery, my goal has always been to build a practice that my sister or my mother could come to and feel

heard and respected. When I'm dealing with my patients pre- and post-operatively, I treat them like I'd treat my own family. For me, that's part of living with integrity. And when I'm gone and it's up to my kids to carry on my legacy, I hope they do it with the understanding that it's not about perfection; it's about persistence, effort, and, above all, integrity.

*-Dr. Mike*



# PUCKER UP, BUTTERCUP

## 3 TIPS FOR HEALTHY LIPS

The eyes may be the windows to the soul, but your lips let people know how you really feel. A smile and a laugh invite warm conversation, whereas a sharp frown lets people know it's not a good time to chat. Your lips do a lot of work, so make sure you're taking care of them! Here are three rules to follow when it comes to maintaining good lip health.

### 1. MIND YOUR OWN BEESWAX.

Lip balm is a must, and not just for soothing chapped lips. Ensuring your lips stay moisturized will keep them healthy and prevent chapped, split lips. But before you apply the lip balm that's been collecting dust on your dresser, check the ingredients. A good balm will have a base of beeswax, paraffin, and/or petroleum jelly. These lock in moisture and don't evaporate as quickly.

When shopping for lip balm, avoid harmful ingredients. Salicylic acid, menthol, camphor, and silicone can dry out your lips, and while it's fun when your lips taste like cherry, stay away from flavored balms. These can actually lead to chapped lips.



### 2. MAKE TIME TO EXFOLIATE.

You know how your shower loofah sloughs away dead skin cells, keeping your skin soft and healthy? Your lips are also covered in dead skin cells that need to be gently removed. Don't worry, you don't have to buy a tiny loofah. Instead, whip up a DIY scrub to exfoliate your lips. Just mix 1 part honey with 2 parts sugar. Once a week, massage the scrub gently into your lips, let sit for 10 minutes, then remove with a gentle face wash. Regular exfoliation keeps your lips soft and smooth.

### 3. DON'T FORGET YOUR SUNSCREEN.

Research from George Washington University Hospital in Washington, D.C., found that the No. 1 area people forget to apply sunscreen is the lips. We tend to forget that our lips are part of our skin, which is troubling because skin cancer around the lips can be very dangerous. If you're going outside, be sure to protect your lips with lip balm containing SPF protection of 30 or higher.

# WHAT YOU SHOULD KNOW ABOUT GETTING A BREAST LIFT IN 2020

It's April, which means summer — and bikini season — is just around the corner. If you have been considering a breast lift, April is the perfect month to come in and have a consultation with Dr. Burgdorf about how you can get from where you are to where you want to be.

The skin of the breast is fragile, and like the skin of the inner arm and thigh, it tends to sag with time. At Music City Plastic Surgery, we often use the phrase *overstretched rubber band*. Like an overstretched rubber band, you can try to tighten the skin up or stretch it out, but really, the best thing you can do is remove the excess tissue. What is tricky about that is when we do a breast lift, even if we remove the most-stretched tissue, we still have to use some tissue that is a little stretchy to achieve the best results over the long term. This can result in a healing process that can take as long as four months for the breasts to ease into their lifted position as naturally as possible.

This healing process can be frustrating for our patients. They feel great physically, and it's easy for them to get impatient. During this process, it's really our job to cheerlead for them and remind them that full results take time to achieve.

Recently, there have been a lot of advances in how we do breast lifts. Today, we can use a material called GalaFlex, a dissolvable mesh that can be used as a kind of internal bra to lift the breasts. Once it dissolves, GalaFlex breaks down into carbon dioxide and water, and your body replaces it with collagen. GalaFlex is great at supporting heavier implants, too, and can make the skin of the breast up to 5-10 times stronger.

Don't let another season of your life pass you by without taking action to get the body you want. Visit [MusicCityPlasticSurgery.com](http://MusicCityPlasticSurgery.com) to learn how Dr. Burgdorf can help you build your beautiful today.



# WHAT OUR PATIENTS ARE SAYING

Our patients notice that we care, and it means a lot to us when they take the time to leave us a review. Here are just a few of the things our satisfied patients are saying about us on Google Reviews:

*"The level of professionalism, understanding, patience, and compassion Dr. Burgdorf and his staff have is amazing. I am so glad I chose Music City Plastic Surgery for my breast reduction! It's a relaxing spa-like environment, and you really feel heard when expressing your concerns. I really appreciate how the staff is always pleasant and a pleasure to interact with. If I ever have a need for another procedure, I'll be back! Thank you!" -Veronica H.*

*"I had a wonderful experience going to Music City Plastic Surgery. All of the staff are super friendly, nice, and make you feel very comfortable. Dr. Burgdorf did an amazing job on my breast augmentation, and I wish I would have done it many years ago! They are exactly what I wanted, and I couldn't be happier with my results and the ease of the entire process. Super thankful!" -Chelsea I.*

*"Everyone at Music City Plastic Surgery Center was awesome, from the front desk to the office personnel ... Dr. Michael Burgdorf was*



*very attentive, had excellent bedside manner, listened to what I wanted, and had the best recommendations. I trusted his decisions, and I'm glad I listened! I had a breast augmentation done, and now I am two months post-op and I am feeling great, they look great, and my self-confidence is boosted times 10! Thank you to everyone at Music City Plastic Surgery Center!" -Brittany T.*

To all our patients who have left us reviews, thank you. We do what we do because we love the ripple effect that feeling more beautiful has on people. Hearing from patients whose lives we've been able to impact makes it all worthwhile.

# DON'T MISS THESE 2020 EVENTS FULL OF WINE, FUN, AND FUNDRAISING

Next month, A Vintage Affair (AVA) will be hosting our annual fundraiser. This is our 20th year, and we have raised over \$2 million for women and children in need in Williamson County. Our fundraiser is quite unique because we partner with multiple beneficiary organizations each year. Here are our 20th anniversary beneficiaries:

- Davis House Child Advocacy Center
- High Hopes Development Center
- Mercy Community Healthcare
- Williamson County Foster & Adoption Care Association
- My Friend's House
- Bridges Domestic Violence Center

That's not all! 2020 is going to be a very special year of events. Here are two (of many) events you don't want to miss!

1. Our **Main Event** on April 17 is our largest event of the season in Liberty Hall at the Factory in Franklin. As we celebrate our 20th year, we are excited to make 2020's Main Event a Roaring '20s-themed affair. Don your pinstripes and pearls and join us for an evening filled with celebration, divine wine and food, auctions galore, and amazing music. Start the night off with our exclusive VIP preparty that you won't want to miss.
2. As the leaves change color later this year, join us for our **10th annual Harvest Festival**, featuring our beloved grape stomp competition. Teams will compete for the coveted grape stomp trophy and the sought-after best costume award. It's a casual evening with live music, scrumptious food, and wine tastings. Round up your friends, form a team, and help us have a stompin' good time! Go to [AVintageAffair.org](http://AVintageAffair.org) for tickets!

# INSPIRATION

