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6 June	Utah Symphony The Union,235 N 500 W, The Union, Salt Lake City
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14 June	lovelytheband The Depot,13 North 400 West, The Depot, Salt Lake City
16 June	2023 North Star Conference Sheraton Salt Lake City Hotel, 150 West 500 South, Salt Lake City
23 June	Therapy Thursdays: Will Sparks Sky SLC, 149 W Pierpont Ave,Salt Lake City,UT,United States, Salt Lake City
27 June	2023 Grand Youth Summer Theatre Camp The Grand Theatre, 1575 S State St,Salt Lake City,UT, United States, Salt Lake City

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June 2023

THE INSIDER'S SMILE

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A New Fathers Day

As a young husband and dad, I was often overwhelmed by the roles, responsibilities and “pressure” to do everything and to do it perfectly. But as we learn in this life, that’s not how it works nor what is expected.

Fatherhood is a journey that comes with its own unique set of challenges. While many fathers strive to be the best dad and husband possible, there are certain things that they need to let go of to achieve that goal.

Recently in an article by Primer Magazine, some key topics were recognized that dads need to let go of to be better fathers and husbands. Here are five of my personal favorite points on this valuable conversation:

1. The need to be perfect

One of the biggest things that dads need to let go of is the need to be perfect. Many dads feel the pressure to be the perfect father and husband, but this is an unrealistic expectation. Perfection is unattainable, and striving for it will only lead to disappointment and frustration. Instead, dads should focus on progress, not perfection. It's important to acknowledge mistakes and learn from them, but don't beat yourself up over them.

Being a father is a learning process, and mistakes are a natural part of that process. Embrace the journey and focus on being the best dad you can be, rather than trying to be perfect. Kids and spouses need examples and models of ethics and values today more than ever. To be a good dad, I've learned I get my point across much better when I show rather than just “tell” my family what to do.

2. The idea that you have to do everything yourself

Another thing that dads need to let go of is the idea that they have to do everything themselves. Many dads feel like they have to be the sole provider for their family, but this is not the case. It's okay to ask for help and include the family with responsibilities to others. This can include getting help with household chores, childcare, or even seeking advice from other fathers.

Working two or three jobs for decades is not healthy for dad, nor will it allow for more quality time with the family. Many of us have at times had to do it for a period. During dental school where I was on both a borrowed and fixed income, I worked many evenings and Saturdays and different side hustles to support my new family. When I bought my first practice I worked 70 hours a week or more in my own business, and worked for another dentist to accelerate paying off my debt.

You likely have similar experiences, or are currently going through a time of transition like this right now. We all do what we have to do for a time, but it's important to counterbalance and find our big picture on what matters most: the impact we leave on our families and communities.

It's important to remember that being a good father is not about doing everything yourself, but rather about creating a supportive environment for your family.

3. The need to always be in control

Dads also need to let go of the need to always be in control. This can be difficult, as many dads feel like they need to be in charge and make all the decisions for their family. However, being overly controlling can be detrimental to both the father and the family.

Dr Tyler Williams

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SLEEP MEAN IT!

by Dr. Tyler Williams

If there is anyone in your life that is constantly complaining about the comfort or appearance of their smile, Who never gets good sleep or keeps their bed partner awake tossing and turning and snoring. Please share one of our books with them.

Text us at (801) 268-2323 to have a free copy mailed to you or a friend today.

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A huge thanks to everyone who came out and supported us at our Patient Appreciation Movie Night!



Congrats to the Ealey family for winning the 65" TV!



We are so grateful for your contributions to Smiles for Cycles



The grand prize for the movie night was an Invisalign case. Congrats Kim, we can't wait to get started!

How Is Your Sleep?

Find out what most Doctors & Dentists won't tell you about this controversial topic, and join us for a fun and lively Sleep Seminar presented by Dr. Williams on June 20th from 5:30-6:30 PM.

Join us for a fun and entertaining Better Sleep seminar, with 6 ways you (or your bed partner) can start sleeping better tonight.

Light food and drinks provided. Limited seating available.

Call or text (801) 268-2323 to grab your seat while they last !

If you have any compliments, questions or concerns, please text Dr. Williams at (801) 268-2323, he'd love to hear from you!

It's important to remember that being a good father means being a good listener and collaborator. It's okay to let others take the lead and make decisions, especially when it comes to areas where they have more expertise.

4. The pressure to conform to traditional roles

Many dads feel pressure to conform to traditional roles, such as being the only or primary breadwinner or being emotionally isolated from the family. However, these roles are outdated and do not reflect the reality of modern fatherhood.

Being a good father means being involved and engaged in your family's life, regardless of traditional roles. Being a good husband or father means being an example and leader, and supporting your family where they need it most. This is what is known as the "Servant Leadership" model where the best parents serve and support their family to teach and lead by example.

I've had many great "dads" in my life. My biological dad is a great example and friend to me. But I also have grandfathers, in-laws, leaders, and mentors who have been father figures to me as well. I couldn't have done it without modeling after their inspirational examples.

5. The belief that you can't make mistakes

Lastly, dads fall into the trap or belief that they can't make mistakes. Many fathers feel like they have to be perfect, and that any mistake is a failure. However, mistakes are a natural part of life, and they provide an opportunity for growth and learning.

Being the best dad and husband you can be is not about being perfect or always being in control. Being a good father means being honest about your mistakes and taking responsibility for them. It also means learning from them and making changes to improve. Remember that progress is the key, not perfection.

Be open, supportive, and engaged in your family's life. Mistakes are a natural and important part of the journey. This Father's Day, take some time to reflect on what you can let go of to be a better father and husband.

Thanks to all of the fathers, men, and dads in our lives from all of us at Better Sleep SLC and Pinecrest Dental.

Happy Father's Day!

Dr. Tyler Williams

Tyler Williams

Better Sleep SLC
Pinecrest Dental

TENNIS STAR MARIA SHARAPOVA

"I have two phobias. Going to the dentist and to face a spider," she said. While arachnophobia, or fear of the crawly insects, may be avoidable, Maria Sharapova's beautiful smile shows that she has worked to overcome her fears!

In an interview from Shape Magazine, Sharapova revealed that she had always been self-conscious about her smile due to her uneven teeth. She decided to get veneers, and the results were dramatic. Sharapova said that she felt more confident on and off the court, and that her new smile gave her an extra edge in her matches.

While veneers can be a great way to improve the appearance of one's teeth, they do require some maintenance. Athletes who undergo the procedure must be careful not to damage their veneers during intense physical activity. They may also need to adjust their diets to avoid foods that could stain or damage the veneers. However, many athletes find that the benefits of veneers far outweigh the extra effort required to care for them.

Overall, veneers can be a game-changer for professional female athletes who are looking to improve their confidence and enhance their appearance. With proper care, veneers can provide a long-lasting, beautiful smile that can help athletes perform at their best on and off the field.

