



## April—Time for Spring Cleaning

From all of us at The Dental Views, we're ready for Spring. Especially now that April is here. Famously called "the cruelest month" because it brings hope for warmth and renewal, yet there's always the chance of a winter storm. Then there's April Fool's Day, Income Tax Day, the anniversary of the sinking of the Titanic, and other cruelties. But April is also synonymous with Spring, and with it comes Spring Cleaning. So we thought it might be fun to take a deep dive into the annual ritual that cleans out the cobwebs of a long cold winter!

## The History of Spring Cleaning

**Why Spring?** For most of us, Spring Cleaning means thoroughly cleaning your house in the spring, especially if you live in a place with cold winters. But in some cultures, annual cleaning occurs at the end of the year, which may be in winter, depending on their calendar. But Spring Cleaning can also stand for any kind of heavy-duty cleaning. Someone getting things in order before an audit or house inspection could be doing some "spring cleaning."



Where does the term come from? Some historians trace the origin of Spring Cleaning to the Iranian Nowruz, the Persian new year, which falls on the first day of spring. Iranians continue the practice of khaneh tekani (Persian for "shaking the house"), when everything in the house is

thoroughly cleaned.

Others suggest that the origins of Spring Cleaning date back to the ancient Jewish practice of thoroughly cleansing the home in anticipation of the springtime festival of Passover. Passover observers are not only supposed to stay away from leavened foods, they must also rid their homes of even small remnants of dirt for the length of the holiday. Therefore, observant Jews conduct a thorough "spring cleaning" of the house, followed by a traditional hunt for crumbs by candlelight on the evening before the holiday begins.

Catholics clean the altar and everything associated with it on Maundy Thursday, the day before Good Friday, each Spring.



In early America, spring was considered the best time for dusting because it was getting warm enough to open windows and doors

(but not warm enough for insects to be a problem), and the high winds could carry dust out of the house. For the same reason, modern households often clean the house in spring to let the open windows clear out the chemical fumes.

### REMEMBER

**SPRING CLEANING MEANS SPRING TEETH CLEANING!**

**DID  
YOU  
KNOW?**

**April Fool's!** (No, this is real)

No one is sure where April Fool's Day came from, but many believe it was inspired by Geoffrey Chaucer's story in "Canterbury Tales" called "Nun's Priest's Tale." It's a story, set on April 1st, about a foolish cock and a sly fox. Many scholars believe this was the first mention of the day associated with the tradition of tricks and foolery.

### SMILE QUOTE FOR APRIL

**USE YOUR SMILE TO  
CHANGE THE WORLD.  
DON'T LET THE WORLD  
CHANGE YOUR SMILE.**



### Healthy Tips for Parents

As a parent, your number one concern is giving your kids the best care you can. Same goes for your kids' teeth! Here are ten oral hygiene tips to keep their teeth and gums happy and healthy.

1. Brush Twice a Day
2. Replace Your Toothbrush Regularly
3. Floss Once a Day
4. Get Regular Cleanings
5. Use a Fluoride Toothpaste
6. Eat a Tooth-Healthy Diet
7. Chew Sugarless Gum
8. Start Dental Visits Early
9. Avoid Sticky, Starchy, Sugary Foods
10. Skip Fruit Juice and Soda



**FUN  
CORNER**



### FUN DAYS TO CELEBRATE IN APRIL

- April 1 April Fool's Day
- April 2 Children's Book Day
- April 3 Don't Go to Work Unless it's Fun Day
- April 5 Deep Dish Pizza Day
- April 7 Caramel Popcorn Day
- April 10 National Farm Animals Day
- April 11 Eight Track Tape Day
- April 12 Grilled Cheese Sandwich Day
- April 14 National Pecan Day
- April 15 Titanic Remembrance Day
- April 16 Save the Elephant Day
- April 17 Blah, Blah, Blah Day
- April 20 Chinese Language Day
- April 21 Administrative Professionals Day
- April 22 Earth Day
- April 23 Lover's Day
- April 24 Pig in a Blanket Day
- April 27 Babe Ruth Day
- April 30 Arbor Day

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