

## SCHOOL PROMOTES CHILDREN'S DENTAL HEALTH MONTH

BY RAY D. • READER SUBMITTED • FEBRUARY 10, 2009



*Children at the Route 70 Goddard School take their dental health lessons to heart (and to tooth!). (Courtesy of Ms. Dana Chibbaro)*

February is National Children's Dental Health Month, which turns 60 years old this year! To celebrate the event last Tuesday, The Route 70 Goddard School for Early Childhood Development, located in Toms River, (<http://www.goddardschool.com/Schools/Toms-River-II-NJ/Schools.gsp>) partnered with the office of Toms River Pediatric Dentist, Doctor Insano, to spend the day educating both the children and their parents about the importance of good oral health.

The secrets to a lifelong bright smile? The American Dental Association (ADA) says to start dental hygiene with a child's very first tooth -- because good oral habits also improve overall health. Regular habits like dental checkups, a

balanced diet, fluoride treatments, brushing, and flossing are so important to children to promote a lifetime of healthy teeth and gums.

And, to assist the Goddard School youngsters in developing these good habits, Doctor Inzano also provided each child with a free toothbrush, some supplies, and a whole bunch of information about good oral habits -- especially for them to take home and share with their families.

The ADA estimates that 5 million children have chronic dental problems that give them trouble eating, sleeping, AND learning. Tooth decay greatly restricts the daily activities of children and results in the loss of many millions of hours from schooling each year.

"Tooth decay is still one of the most common childhood diseases, despite all the recent improvements in dental care in the United States," echos Ms. Dana Chibbaro, owner and operator of The Goddard School. "Experts say that tooth decay is five times more common in children than asthma."

To learn more about The Goddard School and their programs for Early Childhood Development, please telephone Ms. Dana at (732) 363-5530.