

A Healthy Mouth Leads to a Healthy Body!

Dental Hygiene Month at BHI Academy,
Compliments of Debbie Feeney.



Healthy Mouth Day was on Wednesday, February 13, and our Healthy Mouth Series will continue this month at BHI Academy, thanks to former dental hygienist Deb Feeney and the support of Coastal Pediatric Dentistry! You guessed it right, we have scheduled dental health education for our children in time for all the sweets they will be enjoying this Valentine's weekend. This initiative is all thanks to our island resident and BHIA volunteer Deb Feeney, who came up with the program and put all the pieces together to make sure it happened seamlessly. On Wednesday, Deb came by the school with her special friend, Dino Tooth (but our scholars renamed him Barney--a story for another post). Dino Tooth is a demonstration dental tool provided by Coastal Pediatric Dentistry and designed by Dr. Courtney Strubin to help teach children.



Deb was so engaging—both funny and informative—that our young scholars didn't want her to stop for one moment. She talked to them about oral health—from how to properly hold a toothbrush and brush from top to bottom, to brushing in slow motion with safe and healthy fluoride toothpaste and why it's important not to brush too hard. She covered the importance of healthy gums and tongue—and even a healthy breath. She provided our little Acorns with a sense of empowerment and independence. Think of the satisfaction of being

able to help Mom and Dad out in their busy morning by taking a turn at brushing their own teeth? Of course, parents should follow up and brush children's teeth until they're able to tie their own shoes, around the age of eight.

The upper-grade Acorns learned about how oral health affects overall health. Deb, who has helped a great many teens in her career with everything from braces to tongue-piecing, shared some expertise about how the mouth is the gateway to the rest of the body and the way bacteria travels. Oral health is a window to overall health. For the rest of this month, students will make the connection for themselves that poor oral health may lead to painful tooth decay and cavities, which affect a child's ability to eat, learn, smile, play, sleep, grow, feel confident, and hit important developmental milestones. Scientia potentia est: knowledge is power—and informs better life choices ... especially when supported by family, faith, and an extraordinary community. It's taking this Village!



Need more information about BHI Academy?

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