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Gymnastics:The Foundation of

By Kevin S. Bonus

Where can an athlete or a budding athlete, go to learn how to run, become flexible, become coordinated, develop strength within the entire body, develop body awareness, become nimble, jump and flip all at one location? At gymnastics class of course!



Gymnastics skills and drills apply to the running and jumping skills required for basketball, and track, football, soccer or hockey players need to be nimble and acquire strength that most of us will never understand or feel. Baseball players require flexibility in their legs and shoulders for pitching, running and most importantly the eye and hand coordination to hit that ball. Divers need the ability to flip off a diving board, but not until awareness, knowledge to know where you are when upside down, is perfected.

As an interesting aside, Brett and Aaron Boone participated in gymnastics classes during their pre-school years. The Boone Brothers certainly have



had success playing baseball. Gymnastics was their first step to athletic careers.

Participating in preschool gymnastics helps the development of small

and gross motor skills. A child who is fearful is guided through drills to help them understand body awareness. Bouncing on trampoline with supervision encourages the development of coordination.

By no means, however, buy a trampoline for the home. Without proper guidance the trampoline is dangerous and could lead to injury.

This includes the household mini tramp

Many parents realize the benefits of gymnas

tics for additional sports their children may be involved with gymnastics is a sport of repetitions of all the basics that are necessary for success in any sport. For those particular reasons, on the off seasons of seasonal sports, many parents enroll their children in gymnastics. Some gymnastics students come year round to maintain and improve flexibility, strength, awareness and all the other reasons mentioned. Gymnastics is the foundation of all sports



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Baby Bottle Tooth Decay and Early Childhood Carries

By Ray Kaiser



The American Academy of Pediatric Dentistry (AAPD) recognizes baby bottle tooth decay and early childhood carries as a significant health prob-

lem and encourages preventive measures to decrease the risk of developing this disease.

Frequent late-night bottle-feeding and breast feeding upon demand results in early childhood carries a serious public health problem. This disease can start soon after tooth eruption. It starts on the smooth surface of the teeth and progresses rapidly to the whole dentition. Children experiencing carries as infants or toddlers have a much higher probability of carries

latter in both primary and permanent dentition. Early childhood carries not only affects teeth, but also may lead to more wide spread health problems.

Infants with early childhood caries grow at a much lower pace than caries-free infants.

Some children with these kinds of caries may be severely underweight because of associated pain and refusal to eat.

Prevention of early childhood caries begins with proper nutrition. Expectant mothers should optimize personal nutrition in the third trimester. Infants should also be exposed to proper nutrition as it promotes healthy dentition, especially when enamel is undergoing maturation.

Very young children should have adequate preventive care. Care should be provided by dentists with training, experience and expertise to manage both the child and the disease process.

Because of the aggressive nature of early childhood caries, treatment should be definitive yet specific for each individual child.

The American Academy of Pediatric Dentistry recommends that children should see a dentist by their first birthday. By this time most children have at least 8 teeth and at this visit the pediatric dentist can guide the parents and discuss early childhood caries, nutrition, brushing and caring of their infants teeth, fluoride and other questions parents may have about the dental care of their children.

To decrease the risks of potentially devastating early childhood caries, the American Academy of Pediatric Dentistry discourages inappropriate feeding habits of infants and toddlers and encourages preventive measures.



Bringing Children to the Ballet

By Ray Kaiser

Experiencing the magic of a live performance is one of the most rewarding ways to spend an evening, which are fairly short and may or may not have a plot, and full-length or story ballets, which feature a plot, characters, costumes and scenery.

While children can enjoy both types of works, it is the full-length pieces (some of which even have familiar stories like Cinderella and The Sleeping Beauty) that are almost guaranteed to captivate them.



Here are a few tips for how to prepare your children for a trip to the ballet.

Know the Story. If you're going to see a story ballet, tell your children the story ahead of time. In ballet, there are no words, so the storyline reveals itself through the choreography, interaction between characters, and pantomime. While it is fairly easy to understand the action, knowing the story beforehand makes it even easier to follow along - especially for little ones.



Good Etiquette. This is a wonderful opportunity to explain theatre etiquette to your kids. It is natural for children to assume that they can behave the same way they would at a movie or a sporting event. And in a way, they can. They can

laugh at the funny parts and applaud whenever they see something they like. But they should also know that they cannot talk while the curtain is up and people are onstage and they cannot eat or drink anything in the theatre.

Applause, applause! It is customary at a ballet performance to applaud when the conductor arrives, when the leading female and male dancers first appear on stage, and when a dancer or group of dancers finishes a dance. People also like to clap when a dancer does steps that are