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Bala
Kids
Dentistry



**Bala Kids Dentistry:
Where Healthy
Smiles and
Confidence Begin**

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Bala Kids Dentistry:

Where Healthy Smiles and Confidence Begin

A child's earliest experiences at the dentist can influence how they feel about oral health for the rest of their lives. A positive, reassuring first visit can foster healthy habits from an early age. At Bala Kids Dentistry, those first experiences are carefully crafted to be compassionate and empowering, while still feeling fun, and setting children on a path toward lifelong wellness.

Founded by board-certified pediatric dentist Dr. Sheedeh Madani, a two-time graduate of the University of Pennsylvania, Bala Kids Dentistry has become a trusted dental home for families across the Main Line and surrounding suburbs. Known for its gentle approach paired with clinical excellence, all within a welcoming environment, the practice blends advanced pediatric dental care with a deep understanding of childhood development.

Dr. Madani is joined by fellow board-certified pediatric

dentists Drs. Dustin Root and Marina Kanakos, forming a team united by a shared philosophy: Children deserve personalized and patient care delivered with empathy and respect. Together, they help young patients feel genuinely excited about caring for their smiles, now and later in life.

A Passion for Pediatric Care

Dr. Madani's passion for working with children began long before dental school. During five summers as a camp counselor and as a longtime member of the Friends' Central School community, she discovered the deep fulfillment that comes from working closely with young people. These early experiences, rooted in service, kindness, and hard work, helped shape her career path.

She went on to earn her bachelor's degree from the University of Pennsylvania, followed by a Master's in Bio-

medical Sciences from the Philadelphia College of Osteopathic Medicine. Dr. Madani completed her Doctor of Dental Medicine degree at the University of Pennsylvania School of Dental Medicine, where she received academic recognition through Certificates of Merit in Pediatric Dentistry and Oral Medicine. She then completed her pediatric dental residency at St. Christopher's Hospital for Children, where she gained extensive experience treating children with diverse medical, behavioral, and developmental needs.

Dr. Madani grew up in a family deeply rooted in health care. Her father, Dr. Mansoor Madani, has been a respected oral and maxillofacial surgeon for over 40 years, and her mother, Dr. Farideh Madani, is a distinguished oral medicine specialist who taught at the University of Pennsylvania School of Dental Medicine for four decades before retiring. Her brother, Dr. Reza

Madani, is a dedicated pediatrician at Center City Pediatrics, and the siblings are grateful for the opportunity to collaborate in coordinating care for shared patients.

"I feel incredibly grateful to carry forward the knowledge and values I learned from my family and community," says Dr. Madani. "Compassion, patience, and service have always been at the heart of our work."

Her enthusiasm for compassionate pediatric dentistry, combined with her academic accomplishments and research, sets Bala Kids Dentistry apart from its peers. Dr. Madani's dedication to excellence has earned her recognition as a Top Pediatric Dentist by *Philadelphia* magazine, *Main Line Today*, and *Suburban Life* over multiple years. She has also been named a "Face of Pediatric Dentistry," a "Power Woman," and a "Dynamic Woman" by *Philadelphia* magazine, *Main Line Today*, and *Philadelphia Style*, respectively.

Outside the office, she remains deeply engaged in the community. Besides mentoring dental students, she and her teammates regularly partner with local schools, participate in health fairs, and sponsor events that promote children's wellness and education. These efforts reflect the practice's belief that oral health is an essential part of overall well-being.

"My goal has always been to create a dental home where children feel safe, supported, and happy to return," she says. "When kids trust their dentist early on, it builds the foundation for lifelong healthy habits."

A Team Families Trust

Dr. Madani met Dr. Root, her longtime colleague and friend, during their pediatric dental residency at St. Christopher's Hospital for Children. Dr. Root served as Chief Resident during his residency at St. Christopher's, where he demonstrated leadership and a commitment to clinical excellence.



A graduate of the University of Delaware and Temple University School of Dentistry, Dr. Root is a Diplomate of the American Board of Pediatric Dentistry and an active member of both the American Academy of Pediatric Dentistry and the American Dental Association. He currently serves as a pediatric dental attending clinician at St. Christopher's and has been a key part of Bala Kids Dentistry for nearly a decade.

Known for his upbeat and reassuring demeanor, Dr. Root excels at putting children at ease. "Every visit is an opportunity to build confidence," he says. "We want kids to feel proud of taking care of their smiles."

Completing the team is Dr. Kanakos, whose dream of becoming a pediatric dentist began in childhood. She earned her degree in public health from The George Washington University, graduating magna cum laude, before attending Tufts University School of Dental Medicine. There, she received multiple academic honors, including the prestigious Quintessence Award for Clinical Achievement in Restorative Dentistry.

Dr. Kanakos, who completed her pediatric residency at the University of Connecticut, is board certified in pediatric dentistry. Her calm, thoughtful approach resonates with children and parents. "I love watching a child's confidence grow," she says. "Helping kids understand how to care for their smiles is incredibly rewarding."

Designed With Children in Mind

From the moment families walk through the door, Bala Kids Dentistry feels different. The bright, cheerful office is intentionally designed to create a relaxed, welcoming atmosphere. A dedicated "Smile Zone" play area features books, toys, iPads, and movies to help children feel comfortable before their appointment.

Each child is treated in a private room equipped with HEPA filtration and negative pressure ventilation, ensuring both comfort and safety. The team uses the widely respected "tell-show-do" approach, along with gentle desensitization techniques, to help children understand each step of their visit and feel empowered rather than overwhelmed.

Building Healthy Smiles for Life

Preventive care is a cornerstone of the practice. Services such as dental sealants and silver diamine fluoride are used to deter cavities before

they start, while early screenings for obstructive sleep apnea, tongue ties, and developmental concerns allow the team to support a child's overall health, not just their teeth.

"We treat every child and caregiver like family," says Dr. Madani. "Our goal is for visits to feel calm, educational, and encouraging."

To make care more accessible, the practice offers a **membership program** that includes exams, cleanings, fluoride treatments, and preventive services under one annual fee. The goal: to provide families with predictable, affordable care.

At Bala Kids Dentistry, the mission extends far beyond routine cleanings and checkups. Drs. Madani, Root, and Kanakos, along with Dr. Jennifer Skoff, all share a commitment to shaping positive dental experiences that nurture not only a healthy smile but also a child's confidence and self-esteem.

"What we do is about much more than teeth," says Dr. Madani. "It's about helping children grow into healthy, confident adults. We are honored to be part of that journey for so many families." ■

Bala Kids Dentistry

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