

# YOUR CHILD'S FIRST DENTAL VISIT

## 10 Tips to Help it Go Smoothly *(without the kicking & screaming)*

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### 1. Find a kid-friendly dentist.

Dentists who cater to children have techniques to keep them calm and comfortable during the appointment. Their offices and tools are designed with kids in mind.

### 2. Practice brushing and flossing at home.

Let your child get used to having his/her teeth brushed and flossed before they go in for their appointment.

### 3. Eat healthy.

Start your child's oral health off the right way by fixing meals with healthy foods that are low in sugar, which will prevent tooth decay and gum disease.

### 4. Act-it-out.

Pretend dental visits with your child's stuffed animals. Let them pretend to be the patient and the dentist.

### 5. Encourage questions.

The more you and your child talk about the dentist, the more chances you have to reassure and resolve fears before they are in the chair.

### 6. Educate.

Start explaining to them why oral health is important. It is never too early to teach them healthy habits.

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### 7. Have fun.

Get your child excited and involve them by allowing them to choose their color of tooth brush and flavor of toothpaste.

### 8. Do some reading.

Ready happy stories about going to the dentist such as:

- The Berenstain Bears Visit the Dentist by Stan Berenstain
- Maisy, Charley, and the Wobbly Tooth: A Maisy First Experience Book by Lucy Cousins
- ABC Dentist by Harriet Ziefert

### 9. Schedule a “meet and greet.”

Have an introductory visit. Meet the dentist and staff, tour the office, and see all of the tools—with no pressure to get in the chair!

### 10. Be a good role model.

You are your child's biggest role model. Speak positively about going to the dentist no matter what experiences you have had.

