

YOUR CHILD'S FIRST DENTAL VISIT

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

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.



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Learn more
on our website:

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