

# HOW TO PREPARE YOUR CHILD FOR A VISIT TO THE DENTIST

## **Proper preparation begins early in a child's life:**

The Canadian Academy of Pediatric Dentistry recommends that all children be examined by the age of 12 months

## **Try to make the first visit easy:**

A child who goes to the dentist with a mouth full of cavities and is in pain presents a challenging situation for everyone. Ideally, we would like to provide preventative advice early enough that decay is avoided entirely.

## **Be Low Key:**

- Over emphasis on the visit might make the child suspicious.
- Allow plenty of time to get to the appointment. Rushing may make your child anxious.
- Schedule the appointment early in the day when your child is not hungry or tired.
- Don't use negative words/phrases like "Yank your teeth", "Stick you with a needle" or "It isn't going to hurt".
- If your child has questions it is safest to say, "I don't know. Let's ask the dentist when we get there."

## **Bribery:**

Our office offers small toys as incentive for children to be good helpers. However, suggesting a trip to the toy store as a reward may arouse suspicion.

## **At The Appointment:**

During examination we expect the parents to be present to discuss any concerns as well as to teach good oral hygiene and dietary practices. However, if treatment such as fillings is required, we ask the parents to remain in our waiting room.

Dr. Norfolk has an extremely high success rate in providing calm, gentle, safe care to our pediatric patients. She has developed her protocol for success over many years and with many children. She requires a very quiet and calm environment. Fewer people in the operatory means less talking and distraction which will allow your child to focus completely on the instructions/explanations being provided. Additionally, by staying in the waiting room you are demonstrating to your child that you trust the dentist to take good care of them in the same way you trust their teacher at school.

Our goal is to make dentistry a positive experience for your child and to teach them how to care for their teeth so they may stay healthy for life.

In order to meet this goal, our protocol is not optional or negotiable.

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Parent Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness Signature

\_\_\_\_\_  
Date