

The First Dental Visit POINTERS



Do:

- ✓ Try to make early appointments that don't conflict with nap or mealtime...young children do best when they are rested.
- ✓ Try to make the dental visit a fun experience.
- ✓ Read stories about a child's first visit to the dentist, ie: *What to Expect on Your First Visit to the Dentist*.
- ✓ Set a good example by brushing and flossing.

Don't:

- ✓ Let your child know that you have anxiety about the dentist.
- ✓ Use a dental visit as punishment.,
- ✓ Let anyone tell your child scary stories about the dentist.
- ✓ Bribe your child into going to the dentist; promising a special gift tends to make a child suspicious.

Please encourage your child to practice daily brushing and flossing. Eating a balanced diet and avoiding sticky, sugar-rich foods, as well as visiting the dentist on a regular basis, will help prevent dental disease. For good health habits to be long lasting, they must be continually practiced at home. With your active cooperation, your child can have a happy and healthy, life-long SMILE!!!