



Tips for Child's First Dental Visit

1. Schedule a time where your child is not tired or hungry- after a nap or meal works best for most children.
2. Fill new patient forms out in advance- they are available on our website:
www.longliveyoursmile.com
3. Talk to your child about what will happen at the appointment- you can read a book or watch a show about going to the dentist.
4. Roll play being a dentist- have your child sit on a chair and use their toothbrush to count and brush their teeth like a dentist would.
5. Avoid using words like "pain", "shot", "hurt", "needle" or "drill".
6. Let them bring a favorite stuffed animal or toy to hold on to during the visit for comfort.
7. Have a list of your questions ready for the hygienist and dentist.
8. Keep a positive attitude and make the dental visit exciting- don't let your child pick up on any stress or anxiety that you have.
9. Use positive reinforcement- tell them how proud you are of them.
10. Have Fun- take a picture of your child getting their teeth cleaned or with the dentist for them to show to others.