



V Dental Center

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Your child's first dental visit

The following tips will help to ensure that your child gets off to a smooth start at his or her first dental visit.

Things you should do:

1. Try to make dental visits enjoyable for your child
2. Enhance your child's self-confidence by allowing him or her to go into the treatment room independently (if your child is able to communicate clearly).
3. Play dentist and patient roles at home prior the first visit
4. Visit your local library and checkout books or videos about going to the dentist, such as Mister Rogers Going to the dentist by Fred Rogers.
5. Set a good example by brushing and flossing your own teeth everyday and by visiting your dentist as recommended.
6. Help your child brushing his/her teeth daily until the child can be taught to do this alone.

Things you should not do:

1. Bribe your child into going to the dentist.
2. Use a dental visit as a means of punishment.
3. Let your child know that you suffer from anxiety about going to the dentist.
4. Avoid using words such as the shot, the needle while child is in dental office.
5. Allow others to tell your child scary stories about dental visits.