



HELPFUL TIPS

FOR OUR YOUNGEST NEW PATIENTS!

You can help make your child's first visit to the dentist a terrific experience. Here are a few pointers to help prepare both you and your child for their first visit to our office.

- Well rested children are less prone to anxiety so make sure they get a good night's sleep
- Try to schedule morning appointments when children are often most awake and attentive
- Try to make the first dental visit a fun adventure for your child. Please do not let your child know of any anxiety that you may have about dental visits.

The following is a brief explanation of some of the methods we use to guide your child's behavior and provide a positive dental experience. Since each child is unique, no list can be complete and other methods may be explained as needed.

LAP TO LAP/KNEE TO KNEE EXAMINATION PROCEDURE:

This is a simple technique that we use for our youngest new patient's (1-3 years old) allowing the parent to help comfort your child during the examination process. This is a simple technique that involves both the parent and the dental care provider to face each other while sitting down with their knees touching. This creates a stable base and a cradling effect for your child as they lay down with their head resting on our lap while they see you, their loving parent.

TELL, SHOW, DO:

This is the most important tool for teaching your child. The procedure that is going to be performed is explained in simple, non-threatening terms to the child. Then they are shown what is going to be done prior to a procedure actually being performed.

IMAGERY:

We tell children in simple terms what is going to be done. For example, a dental exam becomes "looking and counting your teeth". A dental prophylaxis (cleaning) becomes "brush and tickle your teeth". We encourage you to use these terms when talking to your child about their dental experiences.

DISTRACTION:

Sometimes it is necessary to distract your child from an unpleasant sensation by focusing his/her thoughts on something other than what is actually being done.

POSITIVE REINFORCEMENT:

This is a technique used to reinforce good behavior by praising your child or providing a reward following a desired response in hopes of promoting continued good behavior.

VOICE CONTROL:

Voice control is a controlled change of voice volume, tone or pace to influence and direct the child's behavior. This technique is used to establish a line of communication between our doctors and your child.

These techniques are used and recommended to ensure that we can provide the best, most positive dental experience for your child. Please feel free to ask anyone in the office if you have any questions. Thank you for allowing us the opportunity to provide dental care for your child!

