

***Here are some tips to make your child's 1st filling more enjoyable:***

- Try to schedule the appointment wisely, when your child is fresh and not exhausted at the end of the day. Mornings typically work best for them.
- Stay calm and positive about your child's upcoming appointment. Children will feed off of your energy, so do not let them see that you are nervous. The less you tell them, the better.
- Choose your words wisely. Please use the italicized words from the list below if absolutely necessary. NEVER say 'shot.'
- Be sure to not cavity shame your child. While it's fine to discuss improvements your child can make so that he/she can have better check-ups in the future, guilt tripping your child for having cavities is never effective.
- Pick a comfort item, such as a stuffed animal, to bring to the appointment so that your child can feel as comfortable and relaxed as possible. Allow them to wear cozy, loose fitting clothes.
- Some children do better when their parent/guardian is not in the room, So Dr. Marion may ask you to step out.
- Sometimes we will ask the parents to be our 'silent partner.'
- Of course, avoiding cavities in the first place is ideal. To help your child establish good oral health habits early on, be sure to encourage brushing 2 times per day and flossing daily. Additionally, your child should visit our office for a professional cleaning and exam every 6 months.

**Words to Use:**

- *Count your teeth*
- *Tooth Counter*
- *Pictures of teeth*
- *Tooth Vitamins*
- *Straw/Spit Sucker*
- *Wiggle Tooth*
- *Jelly*
- *Sleepy Juice*
- *Pillow*
- *Sugar Bug*

**Words to Avoid:**

- Examination
- Explorer
- X-rays
- Fluoride
- Suction
- Extraction
- Topical Anesthetic
- Shot
- Mouth Prop
- Cavity

***This guide, along with others, can be found at [mmSmileCenter.com](http://mmSmileCenter.com) under the "Patient Resources" tab.***