



Preparing Your Child for their First Dental Visit

Tips to make your child's 1st dental visit 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.
- Be friendly but firm when telling your child that these visits are a necessity and not a choice. Visiting the dentist regularly, typically 2 times per year will instill good habits from the start.
- Inform your child of the importance of the visit, how the dentist keeps teeth clean and strong. Tell them benefits that apply to your individual child's personality – beautiful smile, enables him/her to eat well.
- Children feed off of parents emotions/feelings. They have no idea that the dentist can be viewed as 'scary' until parents have a 'heart-to-heart' that implies it. Try to share enthusiasm or just stay relaxed and keep a positive attitude.
- Try to keep the 'talk' short. Try to give them as little information as possible. Allow our team to answer any questions, as we are well trained to do so.
- 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.
- 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.'
- When your child comes in for their first visit, our warm and friendly staff will show them all of our fun dental tools. Some of which include: wind, tooth counter, tooth pillows, spit sucker, etc. Be sure to tell your child how beautiful their sparkly, shiny teeth look after the cleaning!
- At the end of their appointment, your child will be offered a token gift.

This guide, along with others, can be found at mmSmileCenter.com under the "Patient Resources" tab.