



Dental advice for parents

BEFORE THE VISIT

- **Don't share negative experiences** : don't talk about being scared of the dentist in front of the child. Don't mention if your last visit was painful either.
- **Don't make threats**: don't tell your child if they do not brush their teeth or eat their veggies, they will have bad teeth and will have to go to the dentist. Don't threaten the child by saying the dentist is going to pull all their teeth if they don't brush. A visit to the dentist should not be done under pressure. It should be something as normal as going shopping or walking the dog.
- **Do not talk about pain**: don't make promises like "the dentist will not hurt". This suggests that a dental treatment can be uncomfortable or painful and will lead to distrust.
- **Prepare the child**: Before you go the dentists tell your child about a doctor who has some cool tools. They are going for a ride on the chair, we have a special flashlight and will be making sure their teeth are healthy.
- **Prevention**: it is important that the child does not come for their first visit as a result of toothache. Book an introductory visit, during which the child will have time to get used to the surgery, the equipment and get acquainted with their dentists.
- **Don't lie** : don't tell your child that the dentists will only look at their teeth when in fact there will be drilling.

DURING THE VISIT

- **Accompany**: if it is possible, let the child go to the practice with somebody who is not scared of the dentist. Remember that the adult's fear is strongly felt by the child.
- **DON'T INTERRUPT**: don't tell the child they won't feel anything. They might feel a strange sensation from the cleaning, a numbing feeling from the numbing gel, or a pinch if they have to receive local anaesthetic. They will feel some new sensation.
- **Take a favourite toy**: it makes the child feel safe, and we can check fluffy's teeth as well