



TO HELP YOUR KIDS OVERCOME THE FEAR OF THE DENTIST

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5 TIPS



#1 Start Young

The earlier the better!! The American Academy of Pediatric Dentistry (AAPD) recommends that a child go the dentist by age 1, or within six months after the first tooth erupts. Baby teeth usually begin growing in around 6 months of age.

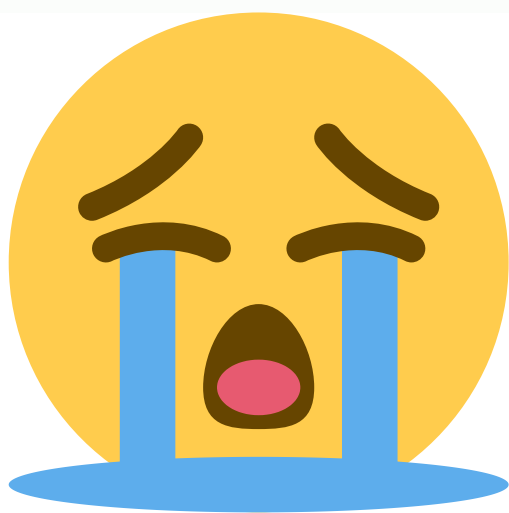
#2 Watch your words

Talk to your child about visiting the dentist, but limit the amount of information you give them. Avoid the words "hurt", "shot", "pain", "yank" or "drill". Try using words that aren't so scary like, "strong", "healthy teeth", "wiggle", "sleepy" instead.



#3 Prepare for some fussing

It's perfectly normal for a child to cry, whine, and wiggle while having their teeth looked at by someone they don't know. Try and keep your cool and let our dental team help you help your child. We may ask you to come and hold hands with your child which may offer them some comfort.



#4 Positive Reinforcement

Please tell your child that you're proud of them for coming to the dentist, even if they cried, whined, or yelled. We will also tell them they did a great job and we appreciate that they came to visit us. We want them to look forward to coming to their next appointment.



#5 Emphasize Importance of Good Oral Hygiene

Let your child know that coming to the dentist is a necessity and not a choice. Their smiles are beautiful and the only way to keep them shiny and bright is to visit their dentist. Brush and floss at home in the morning and before bedtime, and if it helps, let your child complete a brush chart to see how great they're doing!



Infographic Provided By Green Leaf Dental Clinic

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