

Children's First Filling Appointment

- ❖ Be low key. Over-emphasis on the visit might make the child suspicious.
- ❖ Allow plenty of time to get to the appointment. Rushing may make the child anxious.
- ❖ Schedule the appointment early in the day when the toddler is well-rested. If he/she needs an injection, the “numbness” will be worn off within about 3 hours, and the child should avoid eating until then.
- ❖ Don't use negative words or expressions like, “Stick you with a needle,” or “It isn't going to hurt.” It is best to refrain from using words around the child that might cause unnecessary fear, such as needle, pull, drill, or hurt. Our team makes a practice of using words that are pleasant and non-frightening to the child, such as “Mr. Whistle”, “sleeping teeth”, “sugar bugs”, “tooth raincoat”, “a ride in the chair,” and “cool sunglasses.”
- ❖ Answer honestly any questions the child might have, but don't go into great detail and inadvertently say something which could alarm them.
- ❖ Suggest that the child bring his favorite stuffed animal to meet the dentist. They will feel that they're sharing the experience with a friend and be more secure.
- ❖ Children usually listen to the dentist better and have a smoother experience when the parent isn't in the room. Feel free to walk back with the child in the beginning, but then return to the reception area.

