

First Appointment with Hygienist

- Be low key. Over-emphasis on the first visit might make the child suspicious or scared.
- 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. Keep in mind that if he/she gets fluoride the child can't eat or drink for 30 minutes after the appointment.
- Use positive expressions like "Shine your teeth," "Ride in the chair and take your picture" "Clean off the sugar bugs, and have fun."
- Answer honestly any questions that the child may have but don't go into great detail and inadvertently say something that could alarm the child.
- Suggest that the child bring his/her favorite stuffed animal or blanket to meet the dentist. They will feel that they are sharing the experience with a friend and be more secure.
- Continue a positive attitude while in the dentist's office.
- 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 during treatment.

