

A Calmer Dental Visit

Nervous Child's Appointment Checklist

Small steps to help your child feel more prepared and supported.



1 Before the appointment

- ☐ Ask what worries your child.
- ☐ Describe the visit in simple, honest words.
- ☐ Read a dental story or play pretend dentist.
- ☐ Avoid promises about pain or treatment.
- ☐ Tell the office about fears or sensory needs.

2 On appointment day

- ☐ Plan a rested, unhurried morning.
- ☐ Follow the office's food and drink instructions.
- ☐ Pack a favorite comfort item.
- ☐ Arrive with time to avoid rushing.
- ☐ Keep the ride and conversation calm.

3 At the dental office

- ☐ Tell the team which situations feel scary.
- ☐ Ask how the next step will be explained.
- ☐ Discuss whether you can stay nearby.
- ☐ Ask about a hand signal to pause.
- ☐ Praise effort, even if the visit is difficult.

4 Helpful things to say

Instead of: "Don't be scared."

Try: "It's okay to feel nervous."

Instead of: "Nothing will hurt."

Try: "The team will explain each step."

Instead of: "You have to be brave."

Try: "I'm proud of you for trying."

Each child is different. Ask your dental team what approach fits your child.

DR. LESLIE JACOBS PEDIATRIC DENTISTRY

Have questions before the visit?

Call and tell us what makes your child nervous.

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makeyourkidssmile.com

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