

PREPARING YOUR CHILD

A little preparation goes a long way toward a calm, positive dental visit. Here are simple, age-appropriate ways to help your child feel confident and comfortable before their appointment.

TALK ABOUT IT POSITIVELY

- Use simple, upbeat words like “clean,” “count,” and “strong teeth” instead of “shot,” “hurt,” or “pain.”
- Read a book or watch a short video about visiting the dentist together beforehand.
- Let your child know the dentist and team are there to help keep their smile healthy.
- Avoid sharing your own dental anxieties — kids pick up on parents' tone quickly.

THE NIGHT BEFORE

- Stick to a normal bedtime so your child is well-rested and cooperative.
- Brush and floss as usual — there's no need for a “perfect” clean before the visit.
- Lay out comfortable clothing for the morning to keep things low-stress.
- Answer questions honestly and calmly; role-play “open wide” with a stuffed animal if it helps.

THE MORNING OF

- Offer a light meal or snack unless your provider has told you otherwise.
- Brush teeth as part of the normal morning routine.
- Plan to arrive 10–15 minutes early to check in without feeling rushed.
- Bring a comfort item — a small toy, blanket, or stuffed animal — if your child likes to hold one.

WHAT TO BRING

- Completed new-patient forms (or arrive early to fill them out)
- Insurance card and a photo ID
- A list of any current medications or allergies
- Records from a previous dentist, if you're transferring care

TIPS BY AGE

- **Toddlers (1–3):** Keep the visit brief and playful; sitting on a parent's lap during the exam is completely normal.
- **Preschool (4–5):** Use pretend play at home — “brush the stuffed animal's teeth” — to build familiarity.
- **School-age (6+):** Explain what the visit involves in a bit more detail and encourage questions.

DURING & AFTER THE VISIT

- Stay close, stay calm, and let our team guide the conversation with your child.
- Save questions about treatment for a quiet moment with the dentist — kids sense hesitation.
- Celebrate afterward with praise or a non-food reward, like a sticker or extra story time.
- Ask our team for any personalized home-care tips before you leave.

A NOTE FROM OUR TEAM

Every child is different, and it's completely normal to feel nervous. Our team specializes in gentle, patient-paced care — if today isn't the day for a full exam, we'll go at your child's speed and try again.