



# Brush Away Dental Visit Worries

A trip to the dentist might be scary for some children. Planning ahead can help your child have a positive experience.



## Start young

Children should have their first dental visit by age 1. This creates a familiar dental home. When possible, it's best if a first trip to the dentist isn't for an emergency or something serious.



## Schedule for success

Make your appointments at a time of day when your child will be at his or her best. Avoid nap and meal times.



## Find the right dentist

Feeling comfortable with your child's dentist is important for you and your child! Ask friends who their children see, and talk to the dentist and staff before the appointment so you know what to expect.



# At the dentist



## Stay calm

Try not to use words that might sound scary or painful. Stay relaxed and remember that the dentist and staff are used to working with children. If you're tense and anxious, your child will pick up on this.



## Bring something special

Take a favorite blanket or toy to help your young child feel comfortable.



## Don't bribe

Telling children they'll get a treat if they don't fuss at the dentist might make them scared about the visit. But, if your child behaves during the visit and you want to give a reward, consider a sticker or a small toy—no candy, please!

# Read for readiness

Prepare for a dental visit by reading books about the dentist to your young child. Some titles we like:



**ABC Dentist: Healthy Teeth from A to Z**  
by Harriet Ziefert (Grades Pre-3)

**Show Me Your Smile: A Visit to the Dentist**  
by Christine Ricci (Grades K-3)

**The Berenstain Bears: Visit the Dentist**  
by Stan and Jan Berenstain (Grades K-3)

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