

My Child's First Dental Visit - A Parent's Guide

1. How do I know when my child is ready for their first dental visit?

- **We start seeing children at age two, but you may feel free to bring your child in for a tour of our office anytime!** If your child has older siblings that are comfortable with the dentist, we recommend bringing your child to their appointment as well.
- **Talk about the dentist positively in front of your child.** Children tend to follow the lead of their parents. If you speak negatively about the dentist, it is likely they will feel scared or unsure. Instead, avoid mentioning pain or discomfort and discuss the importance of great oral care with your child. We work hard to make dental visits as enjoyable as possible for patients of all ages!

2. What should my child expect at the first visit?

- **A child's first visit in our office is called a "happy visit!"** Your child will receive a tour of the office, take a ride in the chair, and the Doctor will count your child's teeth and show them the instruments used for making them sparkle! Sometimes your child will practice taking x-rays as well. Remember, we will take it slow and make it fun!

3. My child is already afraid of the dentist. What can I do now?

- **Let your child bring familiar items with them to their appointment** - bring a stuffed animal, an I-Pod, or your child's favorite book, toy or friend. We find that when children are surrounded by things comforting them, they are less afraid. Also, be sure to tell your child that we have Xbox and cartoons in our reception room. We have lots of movies to choose from, and we have sunglasses, pillows and blankets to help them relax and be at ease.

4. How do I care for my child's teeth at home?

- **Help them brush and floss for at least one minute twice a day.** Remember, a pea-sized amount of toothpaste is just right. The goal is to build good habits they will have for the rest of their lives.
- **Limit cavity-causing foods like candy and sugary or acidic foods and drinks.** We know it's not realistic to avoid these things completely, but make sure your child brushes after consuming these foods.

Remember, the health and comfort of the child is strongly determined by the example of the adult!

Regular checkups and cleanings are vital for preventing cavities and Affinity Dental recommends that you visit the dentist at least twice a year for the best prevention!



Family & Cosmetic Dentistry

480.882.2300

www.AffinityDentalAZ.com