

## Tips for a successful dental visit

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The following tips will help to ensure that your child gets off to a smooth start at his or her first dental visit.

### **Things you should do:**

- Try to make dental visits enjoyable for your child.
- Visit your local library and check-out books about going to the dentist, such as *Mister Rogers Going to the Dentist* by Fred Rogers.
- Set a good example by brushing and flossing your own teeth every day and by visiting your dentist as recommended.

### **Things you should not do:**

- Bribe your child into going to the dentist
- Use a dental visit as a means of punishment
- Let your child know that you suffer from anxiety about going to the dentist
- Allow others to tell your child scary stories about dental visits

### **What will happen at a dental visit:**

- Evaluation of the current status of teeth and gums
- Evaluation for future oral diseases (e.g., risk assessment)
- Assessment of fluoride status
- Education around oral hygiene and nutrition