

Your Child's First Dental Visit

For a young child, the first dental visit should be a fun, exciting and rewarding experience. Unfortunately, not all children will have this type of dental experience due to past dental history, pain, and even parental anxiety. We are very deliberate on how we introduce a youngster to our office, and we want you to know what we will do and what you can do to facilitate a great first dental visit.

What will happen on the first appointment?

Our main goal for the first visit is to make your child feel comfortable and to gain some level of trust between the doctor and the child. We will examine the child's mouth, and we may attempt to take some x-rays to see how the teeth and bone are developing. If your child is comfortable with our office, we may even clean his/her teeth and give topical fluoride vitamins. We will suggest ways to protect your child's oral health through diet and the use of fluorides. We will start to teach both of you how to clean and brush your child's teeth properly. Then, if we see anything else that should be done, we will plan treatment together.

What should I tell my child before we come?

Tell your child that Dr. Ben is a friendly doctor who will help him/her to maintain beautiful and healthy smile. Talk about the visit in a positive, matter-of-fact way, as you would any important new experience.

DO schedule the first visit early in the day. We like to see youngsters when they are rested and the appointment won't conflict with mealtimes or naptime. Children usually do better in the morning and are more cooperative.

DO make appointment day an easy one. See that your child is well rested and that we are the first outing of the day.

DO dress up. Nothing will increase the expectation of a pleasant experience as much as "getting ready" in nice clothes.

DON'T give your child instructions on how to behave (such as telling the child not to cry, sit still in the chair, or to be "good") in the office.

DON'T overdo your preparation. Tell your child about her visit the night before, treating it as a highlight of the next day.

Parents are welcome to come back to the treatment area, however, we ask that the parent be a silent observer, rather than active participant until some level of rapport is made with your child.