

VISITING THE DENTIST



Ways to ease YOUR CHILD'S DENTAL ANXIETY

Regular visits

Take your child regularly to the dentist from an early age. Start before their first birthday and go every 6 months consistently

Discuss before

Talk about the dentist visit and tell your child about the upcoming dentist appointment in advance. Tell them what is going to happen on the day

Encourage

Encourage them to write a message to the dentist. Chat with the dentist about this and encourage your child to speak up about their worries at the visit

Teach

Teach your child deep breathing exercises and make it fun!

Play

Play a game while you are in the waiting room. Bring their favourite toy or book on the day

Praise

Praise your child after and plan a small reward such as a trip to the park

Chat after

Chat to your child after about what went well or less well and how it could be changed

Avoid

Avoid taking your child to your dental appointments if you have unresolved anxiety. Always be relaxed in front of your child