

**Welcome and thank you for selecting our practice for your child's dental care. Within this letter, you will find information that will help us and you prepare for your child's first office visit.**

**What to Expect:**

We want the first visit to be as pleasant as possible. Often, parents and their children do not know what to expect, therefore it is not unusual for both parents and children to be a little apprehensive about the first dental visit. Hopefully, by letting you know how we do things ahead of time; it will make the visit a bit more relaxing.

At the initial visit, our goal is to provide a comprehensive exam and diagnosis and to begin preventative dental care with tooth-brushing instructions, teeth cleaning, and fluoride application. As part of the examination, we often take cavity detecting x-rays and occasionally other x-rays to evaluate the health and growth of your child's teeth. After the examination, your child's dental health and needs will be discussed with you.

Each child is different and we understand this. We will customize your appointment according to your child's age, needs, and cooperation level.

*\*\*It is age appropriate behavior for children ages 0-3 year old to possibly cry or protest during the initial appointment. By no means is crying an indication of pain or even a bad experience. By the 2<sup>nd</sup> or 3<sup>rd</sup> appointment – they will be running back by themselves and asking you to wait up front!!!*

### **How to Prepare Your Child:**

To prepare your child we recommend the following...

1. Tell your child that he/she is going to the dentist and the dentist is going to count their teeth, probably take some pictures (x-rays) of their teeth, and clean their teeth with a special toothbrush.
2. If your child asks you questions about the visit and you don't know the answer, tell them, "I don't know... we will have to ask the dentist when we get there."
3. To help ensure a positive experience for your child, please avoid discussing any negative dental experiences or dental anxiety you may have. Avoid words such as "shot", "drill", "pull teeth", etc. Children can easily pick-up on their parents' anxieties and express it as their own.
4. Practice laying your child back and having his/her teeth brushed. Laying back can be a vulnerable position for some children. PRACTICE PRACTICE PRACTICE!!!!

Fillings and other non-diagnostic treatment are usually not planned for the first visit. This is done for two reasons.

First, we would like to introduce our dental office to your child as a friendly, nonthreatening place, and to dispel some possible fears they may have held before coming for the first time.

Second, because we do not know beforehand what treatment your child might require, it is difficult for us to schedule the appropriate time.

Our mission is to deliver the best dental care available in a fun and friendly atmosphere. Please let us know how we can make your child's experience as pleasant as possible. We are always available to discuss your child's needs. We look forward to meeting you and your child.

Sincerely,

No Sugar Bugs Club