

TO PARENTS WHO HAVE THEIR CHILDREN SCHEDULED FOR A TREATMENT AT THE DENTAL OFFICE.

We want to give your child a positive experience when visiting us at the dental office and would like to ask for your help.

IN ADVANCE

- Prepare the visit to the dentist as it is something natural like going to kindergarten/school or the hairdresser.
- **We suggest that you say to your child: "the dentist is going to fix your tooth so it is better to eat with it" or "The dentist will help you take away a tooth that is no longer needed".**
- You might say: "The dentist has sleep medicine for the tooth if the tooth needs it".
- We also recommend that you read positive stories for the children about the visit to the dental office.
- We do not recommend that you say the following: "The dentist is not something to be afraid of", "The drill is not dangerous" or "Anesthetic injections do not hurt". In these cases the child begins to wonder what is going to take place and often the child takes in the negative words from the sentences.
- Avoid taking your kids with you to your own dentist, especially if you are planning to undergo a treatment that may look frightening for the child.
- If your child is going to observe its own sibling (a role model) at the dentist, then this should be agreed on in advance so it can be taken into consideration whether the dental appointment is suitable for this.
- If you are personally not comfortable at the dental office, we suggest that another adult accompanies the child, such as a grandparent or another adult whom your child trusts.

AT THE DENTAL OFFICE

- Plan enough time for the visit.
- **Allow the dentist or the dental professional to take over the communication when the child enters the dental office, thus they connect with the child in a natural manner.**
- **The dentist should talk directly to the child and then the child should get an opportunity to reply with their own words.**
- If you are relaxed, it is easier for the child to relax.
- The dentist often adjusts his/her language to the child's vocabulary in order to explain the child what will take place. The child is allowed to observe and feel the dental instruments before the treatment begins.
- **If the dentist calls anesthesia for "sleep medicine with pipes that give a little pinch" then we do not need to use words such as "syringe, insert and needle"**
- **"Scary stories" from the guardian's/parents' own childhood should never be told either before, after or at the dental office.**
- Sometimes, it can be desirable to divide one treatment session into two or more treatment sessions, to avoid too long sessions for the child.
- In case treatment is too demanding for the child initially, sessions where no treatment is planned will be offered so that the child will be more comfortable with visiting the dental office a few times before the actual treatment. If this is still not successful, an alternative is to give the child low dosage of sedatives.
- It is important that your child experiences the dental visit as a positive thing and a situation in which they are in control.

AFTER THE DENTAL VISIT

- We recommend that you compliment the child on how well he/she did after the visit at the dental office.
- Talk positively about the visit to the dental office after you get home.

Thank you, in advance, for your assistance. We are looking forward to seeing you.