

## **SUGGESTIONS FOR THE FIRST DENTAL VISIT**

A child's first visit to the Dentist can be easy, relaxed, and, "Yes" even a fun experience if parents set the stage carefully and appropriately. Following are some simple suggestions that we have found over 20 years of experience to be very helpful.

1. Always use positive terms and phrases such as "friend, helper, check your pretty teeth, tooth counter, etc." Avoid words such as "Pain, shot," or such as "Don't worry," or, "It won't hurt." Try as best as you can to forget any negative experiences you may have had. Practice at home! Let your child be the Dentist. Have some fun in the comfort of your own home.
2. Let your child watch the award winning video "Scott's First Visit To The Dentist." This video was filmed in our office and is like a preview of your child's up coming visit. Sit with your child and discuss some of the events on the video that you think may create apprehension.
3. Avoid "Over explaining!" If you believe that your child has a strong apprehension about the upcoming examination, then you may be better off not dwelling on it. Too much information can sometimes backfire and actually create apprehension.
4. If your child is an "anxious" type, it may be helpful to arrange a tour of our office in order to view our office and meet our staff. Visiting is often a good first step for a shy child.
5. Our book "A Tooth Fairy Tale" was written to create a positive attitude in children toward caring for their teeth. The book also includes poster and stickers that are used in a fun reward program to encourage good oral hygiene habits.
6. Parents can contact us at (707)546-5437 to discuss any unique problems or questions.

Remember ----Dental care can be easy and "Yes" fun. It all starts at home!

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