



## **CHILDREN'S FIRST DENTAL VISIT**

Good dental health sets our children up for a lifetime of happiness. But for that to happen, we parents have to care for and train our children to have a healthy dental I.Q. Since tooth decay is the single most chronic childhood disease, and millions of school hours are lost each year to dental-related illnesses; we have our work cut out for us. Here are a few facts and tips.

A child's first visit to the dentist should be between the ages of two to three years. The most important result of a first dental visit is for your child to have a positive experience. Too many adults have dental phobias today because of bad visits as a child. The first visit includes a ride up and down in the chair, opening wide like an alligator, counting teeth, and playing with stickers and toys. Depending on a child's comfort level, we may or may not clean teeth or complete a thorough exam. Remember that our primary goal is to develop rapport and good feeling about dentistry with your child. Almost without exception, a second visit shortly afterwards results in a child racing to the chair and opening wide with a big smile! With dental visits twice a year, and parent reinforcement of good dental hygiene at home, your child can expect a healthy mouth, and "pain-free" dentistry.

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