

Preparing for a Dental Visit

You may want to prepare your child before going to the dentist to let them know what will happen throughout the visit.

Practice having your child sit in a reclining chair. You may have to teach each of the following steps so that they understand the directions from the dentist

- Putting their hands on their stomach
- Putting their feet out straight
- Opening wide
- Holding their mouth open
- Counting their teeth

Each step may need to be mastered individually.

Use a small torch to demonstrate the dentist shining a light into the child's mouth

Disposable dental mirrors can generally be bought in a pharmacy. Use this around the child's mouth to show the dentist counting the teeth.