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## **The First Visit**

Our goal is to make your child's first dental visit a pleasant, exciting, and rewarding experience.

### **WHAT TO EXPECT AT THE FIRST VISIT**

We will make you and your child feel welcome. We will show you around our office. We will examine your child's mouth (count their teeth). We will take any appropriate radiographs (pictures) to determine how your child's bones and teeth are growing. We will give your child a dental cleaning and fluoride treatment (brush their teeth and put on vitamins). We will then discuss ways to keep your child's teeth healthy and strong through oral hygiene and proper diet. Further, we will demonstrate to you and your child how to effectively clean their teeth. We are glad to address any concerns or questions you or your child may have about their teeth. Finally, if further treatment is needed we will discuss those needs and plan for future visits.

### **HOW SHOULD I PREPARE MY CHILD**

First and foremost don't over prepare your child. Let your child know the dentist is a friendly doctor who will help them keep their mouth healthy. Talk about the visit in a positive manner. You don't need to bribe your child. If you have a young child (younger than 5 yrs.) attempt to schedule your child in the morning or at a time that doesn't interfere with their routine (especially naps or meals). Don't instruct your child on how to behave (telling them not to cry or to be good). Limit other appointments or errands before the dental visit. Finally, relax and let us do the work. It is our job to make sure your child's visit is as pleasant as possible.