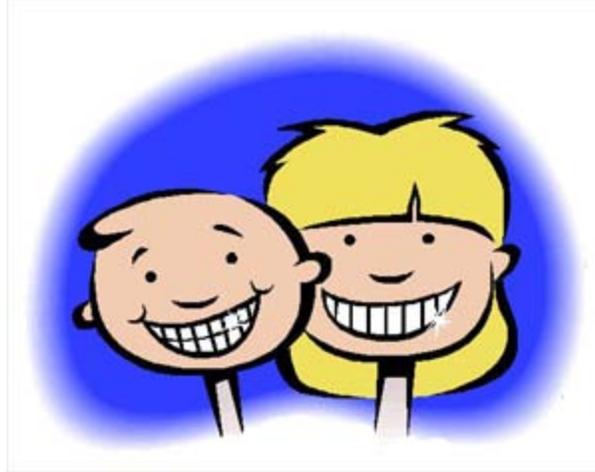


Keystone Rural Health Consortia, Inc.
Dental Clinic Tips for Parents



- ❖ We encourage children to visit the treatment rooms independently. Many parents are apprehensive about the dentist and this causes children to become very nervous. We also like children to be focused on the instructions we give them.
- ❖ The first visit for children includes an exam, radiographs, a cleaning, and a fluoride treatment. We explain to the children that we are going to count their teeth, take some pictures, brush their teeth, and give them tooth vitamins.
- ❖ When children have cavities, we explain that they have “sugar bugs in their teeth and we need to get rid of them so their teeth do not get sick”. We tell them that we use “sleepy jelly and sleepy juice to make their teeth fall asleep and that we have a special whistle that sprays water to wash away the sugar bugs away”.
- ❖ We do NOT use the words shot, needle, hurt, and pain. We “squirt the sleepy juice next to the tooth and sometimes it feels like a mosquito bite”. This will last ten seconds. We do not want children to have anxiety leading up to their appointments.
- ❖ Most young children don’t have enough dexterity to brush their teeth alone until they can write their name in cursive, so parents should help.

