



a gREAT PLACE to  
**gROW a SMILE**



**Lake Jeanette**

ORTHODONTICS & PEDIATRIC DENTISTRY

*Comprehensive dentistry for children ages 1 - 18*

*Orthodontics for children, teens and adults*

## First Dental Visit by First Birthday

*The American Academy of Pediatrics and the American Academy of Pediatric Dentistry recommend the first dental visit by age 1*

### What should PARENTS EXPECT at THE FIRST dental visit?

- A thorough examination
- Practical tips on how to care for your child's mouth
- A discussion about oral habits, including finger and thumb sucking
- An assessment of how likely your child is to develop cavities
- Advice on teething and healthy feeding practices
- Recommendations on systemic and topical fluoride
- Ways to prevent oral and facial accidents and trauma

Healthy teeth and gums are essential for a healthy body. You can help your child enjoy a lifetime of good oral health with proper care at home, a balanced diet and regular dental visits.

### How can I PREPARE MY child FOR THE FIRST dental visit?

- Before the dental visit, emphasize the positive and fun aspects of the visit
- Tell your child that the dentist is a friendly doctor who takes care of teeth
- Schedule a morning appointment when children tend to be rested and cooperative
- Do not tell your child scary stories about dental visits
- Do not relay any anxiety that you might feel about dental visits
- Never use the dental visit as a punishment or threat
- Try to make your child's dental visit an enjoyable and special outing

