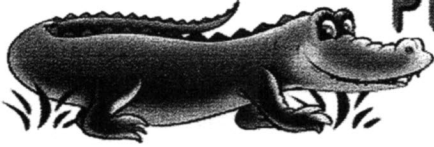


# EVERGLADES

PEDIATRIC DENTISTRY



MELISSA KINDELL, DMD

## What to do when your child is afraid of the Dentist

- 1) Read books to your child about going to the dentist to help them relax.
- 2) If you are relaxed about going to the dentist, your child is less likely to be afraid.
- 3) Please do not talk to your child or in front of your child about a bad or scary experience you or someone else has had in the dental office.  
Remember, they are listening and it can make them very fearful.
- 4) Tell them about going to the dentist in a friendly and positive manner.  
Do not talk about being afraid or about pain.
- 5) Think about which time of day might work best for your child. Taking your child later in the day when the child is tired might not be the best time.
- 6) Let the dental team explain to your child what will happen in child friendly words.

### Child friendly words we use

Nitrous	- Ice Cream Air	Sealants	- Tooth paint / nail polish
Topical	- Sleepy Jelly	Cavities	- Sugar Bug Bites
Injection	- Sleepy Spray	Fillings	- Cleaning out sugar bugs and placing play dough
Mouth Prop	- Chicken Nugget	SS Crown	- Silver tooth hat / helmet
Rubber Dam	- Rain Coat	Extraction	- Wiggle
Rubber Dam Clamp	- Tooth Ring		

Parents are welcome to accompany their child to the treatment area during most dental visits. We do ask that if you accompany your child you assume the role of a silent observer. If more than one person is speaking to your child they may become confused. Cooperation and trust must be established directly between the doctor or hygienist and your child.

**Our goal is to provide a very positive dental experience for every child.**