

# Preparing Your Child for the First Dental Visit

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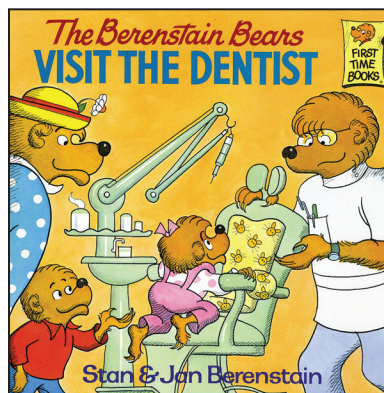
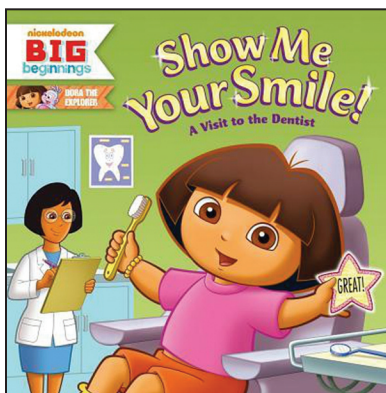


**a n d a s s o c i a t e s**

1. Practice laying your child back on the bed, couch or knee to knee with your partner (see photo) and brush their teeth just using water. Talk about the dentist doing this. Also floss your child's teeth. This is how they will be positioned for their visit.



2. Read books about going to the dentist to your child. For example:



3. Have your child watch videos of other children going to the dentist. Talk about noises, tastes, using their words to communicate their wants and needs with us. We will make sure to prepare them by talking and showing them everything. We will also give them choices pertaining to certain aspects of the visit so they feel like they are in control of what is happening.