

Wachusett Pediatric Dentistry
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You & Your Child's 1st Filling Appointment Together What You Need To Know

- Try not to get too worried if you are told that your child needs a filling, whatever your own experiences and fears may be. Your child almost certainly won't be worried (he / she doesn't know what to expect yet) but they will pick up on your feelings so make them good.
- Avoid giving your child too much information; the dentist will explain everything the day of the appointment.
- Try not to talk about your own experiences with your child especially negative ones. **DO** say things like "the dentist will make your tooth better." **DO NOT** say "it wont hurt" Your child has no idea that it might. Never make promises that you cant keep.
- Book a morning appointment, especially for young children, when both of you are fresh.
- Ask someone to stay at home with your other children. Please don't bring them with you unless you have to.
- If all of this proves too much for your child and he/she gets upset during the procedure, the dentist will do what he can and place a dressing or provisional filling in the cavity. The tooth will be kept under review until your child feels more confident.
- Bring a favorite cuddly toy or your child's blanket with you if you like.
- Remember that even very young children can be excellent patients and, although the ability to handle dental treatment varies from child to child, as dentists we are constantly amazed by them.

Source: www.babycentre.com.uk