

Before your child's dental appointment

First visit

- Be cool, calm and collected. Children can detect and mirror how parents are feeling so if you give off an air of calmness, it reassures the child
- Explain what is going to happen at the dentist. At the first visit we count the teeth and we give them a good brush with the dentist's special toothbrush. All our patients get to wear sunglasses (for our bright light) and go for a ride in the comfy chair.
- Xrays will be taken at 6 years and older
- At Gentle Dental Centre we believe in positive reinforcement so after the appointment they get to pick a toy out of the box to take home. Well behaved siblings will get a sticker or a balloon
- Gentle Dental Centre has a TV on the roof so your child can be distracted with movies or ABC Kids. Frozen is currently most popular and Dr Sherry and Jasmine know all the words to the songs.
- Parents (and children) get to take home a bag that will have toothbrush and toothpaste and a booklet
- The patient's diagnosis and treatment plan will be discussed.

Visit for a filling or extraction

- Be cool, calm and collected
- DO NOT threaten the child with the prospect of getting a needle "if they are naughty". This negatively reinforces that they have been bad if they receive a needle (which is not the case), or we break the promise because Dr Sherry will often give needles even for baby teeth fillings.
- We use lots of numbing paste and distraction techniques before giving local anaesthetic. It is much better to feel the tiny sting of a needle than to feel the pain of the procedure.
- It is up to you whether you wish to stay in the room for the procedure.
- Ensure the child has a snack before the procedure as they will be numb afterwards and can often bite or burn their lip, tongue or cheek
- After extractions, the patient can take the tooth home with them
- Once all treatment has been completed then it is important to return for a check up review appointment in 6 months