

Your Child's First Dental Visit

Why Does My Child Need To See The Dentist?

A child's first set of teeth, known as their "baby" teeth, is important for many reasons. A child depends on healthy baby teeth to chew food, speak clearly, smile, and look attractive. Baby teeth also help give shape and form to the child's face. Decay and early loss of baby teeth can lead to problems affecting the development of permanent teeth and the spacing of the teeth. It is important to treat diseased or broken baby teeth early to maintain the child's overall health.

When Should My Child's First Dental Visit Be?

Starting visits at an early age can help your child build a lifetime of good dental visits. It is advised that you schedule a visit before your child's first birthday. The dentist will check for decay and other problems, evaluate any habits such as thumb sucking, and identify any fluoride needs. The dentist will also teach you how to properly clean your child's teeth. The first visit also helps to establish a positive relationship between the dentist and your child.

How Often Does My Child Need To See The Dentist?

Typically, visits every six months are recommended. However, each child has different needs and your dentist can advise you on what schedule would be most appropriate for your child. Things such as your child's eating habits and how well they take care of their teeth can affect how often their visits should be scheduled.

What Happens At The First Visit?

Your child's teeth and gums will be gently examined to check for any problems with decay or development. A professional cleaning may be necessary. The dentist may decide to take x-rays to see if everything is developing correctly. Your dentist will also teach you skills to use at home to keep your child's teeth clean and healthy.

What Should I Tell My Child About Their Dental Visit?

Talk positively about going to see the dentist (even if you are afraid of the dentist). Let your child know that the dentist is a friendly doctor who wants to help them take care of their teeth. A visit to the dentist can be a fun and pleasant new experience for your child.

Ways To Make The Dental Visit A Positive Experience For Your Child

Try to make the dental visit an enjoyable experience for your child. Please talk to your dentist before the visit if you have any particular questions or concerns. It also helps to set a good example for your child by brushing and flossing daily, eating well, and making regular dental visits. Try not to give your child negative ideas about the dentist by telling them scary stories or letting them know that you feel anxious about visiting the dentist. Never use a visit to the dentist as a threat or punishment, and never bribe your child into going. Working together with your dentist through regular dental visits can put your child on the road to having strong healthy teeth and good dental habits for life.