

SCARED CHILD? SHOW THEM SOME SMILES!

It's very important to take your child to the dentist regularly. But going to the dentist can be scary for young children. In fact, as many as one in five children exhibit anxiety about visiting the dentist. The secret is to help them understand what to expect, and to help them understand why it's so important to get good care from their dentist.





It's easy to smile when you feel good. LifeSmile is a wellness program that's part of your Delta Dental benefits provided by your employer. It's easier to maintain good oral health habits when you have some support. LifeSmile has the answers to your dental questions and can help keep you smiling for a lifetime.

Prepare Your Child For a Positive Visit to the Dentist

- Find a dentist you trust, with an office you are comfortable in, and who will answer all of your questions.
- Tell the dentist ahead of time if your child may be anxious and ask what steps the office takes to lessen children's anxiety.
- Find out the office policy on parents in the treatment room.
- Ask if they show movies or offer headphones for music or if they let you bring your own with your child's favorite songs.
- Set a good example for taking care of your teeth and help your child with theirs.

Relax, Reinforce, And Distract From Dental Anxiety

- Help them find some calm by being calm yourself. Children take cues from their parents on what to expect.
- Play act a dental visit beforehand with props like stuffed animals, toothbrushes, floss, flashlights and any other fun things you have.
- Talk about teeth and how important healthy teeth are and how the dentist will help keep them healthy and strong.
- Watch a show or read a book about going to the dentist. There are many fun cartoons and children's books available.

LifeSmile from Delta Dental can help you prevent disease and keep you and your child on the path toward a healthier, happier life. Take advantage of numerous free resources for improving your oral health at deltadentalmn.org/oral-health.