

Parent Talk

Tips for calming
children who are afraid
of visiting the dentist

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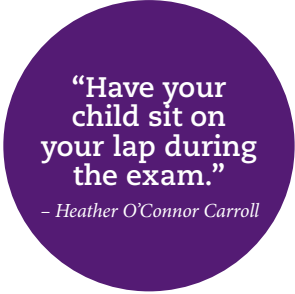
T Taking a child to visit the dentist is a fairly common occurrence. This can prove difficult, however, when they are unnerved or terrified of the experience. Take time to talk to your child beforehand and explain what is going to happen. Several child-friendly characters, such as the Berenstain Bears, have books or movies that help walk your child through what they'll see. If they have an idea of what to expect, they are likely not to be as apprehensive. We reached out to the experts, Katy parents, for more helpful tips.

This is a regular feature where we will share tips from other Katy parents on common topics we all face.

Take a Tour

“Ask the dentist to show you and your child around the office and let them touch and talk about the machines. Having music or videos for the children to watch during procedures is also helpful.”

– Cathy McRae Orłowski



“Have your child sit on your lap during the exam.”

– Heather O'Connor Carroll

Your Reaction Matters


“If you act like it's a big deal, your kids will feel that. If they are truly fearful, try to take it in smaller steps or practice at home. You can count their teeth with a pen and play dentist. Most dentists are sensitive to fear and will work with you.”

– Laura Barnes Morrison

Prepare Ahead of Time

“*Elmo Visits the Dentist* helped prepare my 2-year-old daughter, as well as picture books and practicing brushing her teeth on her own. I bought her a spinning princess toothbrush and let her go! She did great at her first visit and didn't even flinch. Encouraging independence is crucial.”

– Susan Garza Ulery



“Use stories with a favorite character to tell them about the dentist.”

– Teri Dunn

Find a Kid-friendly Dentist

“The key is taking them to pediatric dentists who, along with their staff, go out of their way to appeal to kids and put them at ease. My kids love Kingsland Dental Group. They have a train that choo-choos through their whole office.”

– Rosalyn Collinsworth

Do Your Homework

“As a parent you need to do your homework and make sure you are going to a reputable pediatric dentist.”

– Donna C. Pope

A Big Adventure

“I believe the key is in talking it up big time before you go. Make it into an adventure! Also, a lot of it has to do with the office and the staff. It makes all the difference to have staff that the kids love.”

– Melissa Lancaster



“Definitely get a great children's dentist!”

– Shannon Taylor

Bring the Beats

“I bring my iPod and ear buds to play music for my son. I've been doing that since his first visit at 3 years old, and he's no longer afraid - he's relaxed. Once, he even fell asleep while getting a filling.”

– Jodi Peters Dukat

Relaxation Techniques

“We take their favorite dōTERRA essential oil, usually lavender or wild orange, for them to inhale aromatically. Gets more oxygen to the brain and helps them to relax.”

– Julia Batinga

How It Works

“Explain everything to them. Our dentist showed my daughter how everything worked and what she was going to do, so that she had no reason to be afraid.”

– Stacy Brolis

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