

Preparing your child for dental treatment



Helping sick children and young people meet their healthcare needs,
in partnership with parents, carers and professionals

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Why should we prepare children?

Children and young people cope better emotionally with medical and dental treatment if they know what to expect. Therefore, Action for Sick Children (Scotland) recommends that parents/carers and health care professionals should help children understand and prepare for dental procedures and treatments by using child-friendly language, toys, books and other resources, keeping in mind the child's age and level of understanding.

What can parents/carers do?

- Tell your child what to expect. If your child needs dental treatment, ask what will be involved and share this information in a way your child will understand. Planning a special treat after the treatment will give them something to look forward to.
- Ask to visit the dentist's surgery or the hospital before the treatment and allow your child to ask questions; they might have developed a fear from stories or television programmes that can be sorted out before they come for treatment.
- Be truthful if the treatment might hurt. You will risk losing your child's trust if they are surprised or distressed. There are several good books available about visiting the dentist or going to the hospital. Your child's school, playgroup, nursery or your local library can help you find or borrow these.
- Help your child learn to take good care of their mouth and teeth. Try not to use a visit to the dentist or the fact that your child has to have teeth extracted as a punishment for not taking care of their teeth. This might give a child a reason to fear the dentist.
- Be positive. Try not to promote anxiety in children by 'passing on' previous experiences with dental care. Dentistry and our understanding of how to care for our teeth have changed for the better. Take your baby with you to visit the dentist before they show their first tooth. This will help a child get used to visiting the dentist's surgery, opening their mouth and developing trust as a normal part of their overall health.

Where can I get more information?

For more specific information about the treatment your child will be having, ask your dentist, dental nurse or visit one of these websites:

- <http://www.dentalhealth.org.uk>
- <http://www.scottishdental.org>
- <http://www.child-smile.org>

For more specific information about helping your child cope with pain or needles, look at the parent information fact-sheets on the Action for Sick Children (Scotland) website, www.ascscotland.org.uk, or ask for a parent/carer dental information pack.



Action for Sick Children (Scotland) is the only charity in Scotland dedicated to informing, promoting, and campaigning on behalf of the needs of ALL sick children and young people within our healthcare system.

To get information in your language about preparing your child for dental treatment contact us at 0131 553 6553

আপনার বাচ্চাকে দাঁতের চিকিৎসার জন্য প্রস্তুতি করার ব্যাপারে আপনার ভাষায় জানতে চাইলে আমাদের সাথে 0131 553 6553 নম্বরে ফোন করে যোগাযোগ করুন

如欲索取以閣下語言編寫的有關孩子接受牙齒護理的資料，請致電 0131 553 6553 與我們聯絡。

आपके बच्चोंको दाँत के इलाज के लिये तैयार कराने बारे में अपने भाषा में जानना चाहते हैं तो कृपया हमारे साथ 0131 553 6553 नम्बर पर सम्पर्क करें।

Aby uzyskać informacje w twoim języku na temat przygotowania dziecka do leczenia dentystycznego, prosimy skontaktować się z nami pod numerem telefonu 0131 553 6553

اپنے بچے کو دانتوں کے علاج کے لئے تیار کرنے کے لئے اگر آپ اپنی زبان میں معلومات چاہتے ہیں تو ہم سے نمبر 0131 553 6553 پر رابطہ کریں۔

وصول علی معلومات بلغتك عن تحضير طفلك لعلاج الأسنان الرجاء الإتصال
ی ہاتف رقم: 0131 553 6553

To read the booklets mentioned in this leaflet and for a full list of publications please go to the Action for Sick Children (Scotland) website at www.ascscotland.org.uk

For all other information please contact:



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