

## UCHRA Van Buren Head Start

Dear Parent/Guardian:

There are several things that you can do to help your child have a confident attitude about seeing a dentist.

- 1) Play “dentist”. Count your preschooler’s teeth as you shine a light on them then switch roles; let your child play the dentist and look in your mouth.
- 2) Read your child a book about going to the dentist. There are several excellent books available at the library. Some books you might want to try are:

Taryn Goes to the Dentist, by Jill Krementz

Mickey Visits the Dentist, by Ronnie Krauss

The Berenstein Bears Visit the Dentist, by Stan & Jan Berenstein

- 3) Be low key. Treat the visit as routine.
- 4) Answer the questions honestly, but not too specifically. If your child asks, “What are they going to do?” explain that the dentist will look at their teeth and might make some pictures of them with a special camera.

Things to avoid doing:

- 1) Don’t make the visit the high point of the day. Your child will suspect something is up.
- 2) Avoid using bribery of treats in an attempt to encourage good behavior.
- 3) Try not to communicate your own fears to your child.
- 4) Don’t expect perfect behavior. Your child may be shy or fearful and misbehave. If your child becomes too upset, we will end the visit and try again another day.

If it is discovered that your child has decay, you will be notified and assisted in getting dental treatment for your child. It is very important to have cavities in baby teeth filled even though these teeth will eventually be lost. Researchers have found that decay in a primary tooth can make the adjacent permanent teeth more susceptible to cavities.

We are looking forward to working with you to see that your child gets the necessary health services. If you have any questions, please call me at 881-5182.

Sincerely,  
Health Service Specialist

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