

Helping a Child Control Fear of the Dentist

The first impression is always key when applying for a job as well as when the time comes for you to take your child to the dentist. Taken the wrong steps towards making your child feel at ease before and during a consultation with a dentist may compromise his or her future health, especially now that we know that certain diseases such as diabetes, stroke and heart attacks can be prevented by treating dental and gum diseases. They were going to provide some basic steps that you can follow as a parent to prevent your child from becoming fearful of the dentist.

-- Talk to Your Child

Make sure to have an open conversation with your child regarding the job and function of the dentist, make sure not to go into too much detail that may create unnecessary excitement, whenever you are asked a question by your child try to provide a short answer outlining the benefits of visiting the dentist.

If your child happens to have a complex question you can encourage him or her to get a direct question from the dentist, this is often the best approach towards difficult questions because dentists are trained to deal with curious and inquisitive children and will be able to provide answers in an easy-to-understand language.

-- Don't Scare Your Child

As a parent and as an adult you might have experienced a certain degree of pain when going to the dentist, mostly because 10 to 20 to 30 years ago the technology available was not as good as it is today and because sedation dentistry was not heavily practiced. Make sure that you never tell your child that a dental procedure is going to hurt as they will become fearful and such statements may be the root of future phobias.

Incidentally, don't share bad experiences with your child as they may think that their experience will be as bad as yours.

-- Don't Offer Rewards

Offering rewards is one of the worst possible ways to encourage a child to visit the dentist, this is because it creates the concept that they are being rewarded for enduring a tedious procedure, instead of offering rewards make sure to tell your child the many benefits of having healthy teeth and gums.

About the Author

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