



So your child is seeing the Dentist !

You may find the following tips helpful:

- Please make sure your child is well rested the night before their Dental Appointment. Children cope best with dental treatment before lunch time.
- Make sure your child has had a healthy breakfast before their Dental Appointment.
- Arrived at The Dentist's rooms with about 10 to 15 min to spare.
- Speak to your child factually – why they are seeing the Dentist and what they might expect.
- Try NOT to use phrases such as “don't be scared”, “it won't hurt” or “there is nothing to worry about” etc.
- Children seem to focus selectively on words such as “scared”, “hurt”, “pain” etc.
- Be confident – children sense anxiety and will copy parental behaviour.
- If you have any questions, please do not hesitate to contact us on phone 9482 1100 or info@careforsmiles.com.au.

We assure you of our complete attention to make this experience as comfortable and relaxing as possible for your child and you.

Dr Rosemary Phillipos and the Care For Smiles Team.

