

# A Reminder For Parents from Courtside Dental



At Courtside Dental, we strive to make dental appointments as easy for children as we possibly can. Of course, it is perfectly normal to have fears, especially for children! A very common and difficult fear that some parents face is when their child is terrified of going to the dentist, also called dental phobia or anxiety.

- Tell your child in advance that they have a dental visit. Waiting until the last moment to tell your child about their dental visit can worsen their anxiety. Give them as much time as possible in order to mentally prepare for the visit.
- **DO NOT use any “threatening” descriptive words.** Dental professional are trained to describe procedures to children in nonthreatening ways. If needed, try using these examples:

Instead of	Try
“You are going to get a needle in your mouth to freeze your tooth and they are going to drill out your cavity!”	“The dentist is going to put your tooth to sleep with some special sleepy juice so it will be asleep when they rinse out the sugar bugs.”
“It is going to hurt really bad when they give you the needle.”	“It may pinch a little bit, but I know you are strong and you are going to do great!”

There are also special names that we refer to our dental instruments to make them sound less threatening. Try using these terms with your child.

Suction	Mr. Thirsty	Curing Light	Magic Light
Air/Water Syringe	Water gun	Decay	Sugar Bugs
Bite Block	Pillow	Needle/Anaesthesia	Sleepy Juice
Dental Dam	Raincoat		

- Try to limit the amount of details given, and remind them that they can ask the dentist and dental assistants questions too.
- If your child has a favourite toy that helps comfort them or would like to listen to music to distract them during their appointment, by all means they can bring these items along!
- As a parent, try to be as calm and positive as well! Children pick up on how their parents are feeling and if they notice that you have a negative attitude, they tend to let this affect their feelings on their treatment.