



Infant, Child & Adolescent Dentistry

PARENT GUIDELINES

Dear Parents:

You may choose whether to accompany your child to his/her filling appointment. Although we sense that some children do better without parents present, we encourage you to be with your child. If you choose to be present, we suggest the following guidelines to improve chances of a positive outcome. Please:

- 1. Allow us to prepare your child.**
- 2. Be supportive of the practice's terminology.**
 - a. In words your child can understand, we will tell your child what we are going to do, show them what we will use, and do the procedure in as non-threatening and comfortable a manner as possible.
 - b. We are selective in our use of words. Please support us by NOT using negative words that are often used for dental care. For instance, instead of:

shot or needle	we say	metal straw or sleepy juice
hurt	we say	pinch
drill	we say	water whistle
pull or yank tooth	we say	wiggle a tooth out

Please avoid saying "It is not going to hurt." Your child may focus on this suggestion of discomfort.
- 3. Be a silent observer – support your child with touches like hand-holding, etc.**
 - a. This allows us to maintain communication with your child.
 - b. Children will normally listen to their parents instead of us and may not hear our guidance.
 - c. You may give misleading or incorrect information.
- 4. If asked to leave, be ready to walk away, out of your child's field of vision. You will be invited to sit back down when your child is, once again, actively helping.**
 - a. Many children will try to control the situation.
 - b. "Acting out" is normal but can be unacceptable during fillings.
 - c. We will continue to support your child at all times and you can observe (out of your child's line of vision).
- 5. We have an imaginary "red button". If at any time, you feel uncomfortable with the situation, please let us know. Similarly, we may determine it to be advisable to stop treatment. In either case, we will discuss the situation and if necessary temporize the tooth(teeth) so that you and your child may leave, and return when we both feel it is advantageous.**

You can actively help in these important ways to ensure the success of your child's visit. We are confident that all will go well and hope these guidelines will prepare you with confidence for the upcoming appointment.

Thank you,

Drs. Marty Rayman & Staff