Get Ready for the Dentist

Before the visit: what's hard and what helps. During it: what the dentist said.

CHILD _____ **DATE** _____ **DENTIST** _____

HOW MY CHILD COMMUNICATES

_____

MEDICINES _____ **ALLERGIES** _____

What's hard for my child

- ☐ Sounds
- ☐ Tastes and textures
- ☐ Lying back
- ☐ The bright light
- ☐ Hands near the mouth
- ☐ Waiting

Other: _____

What helps my child

- ☐ First or last appointment of the day
- ☐ Wait somewhere quiet
- ☐ Tell my child each step before it happens
- ☐ Show the tools first
- ☐ Headphones
- ☐ A favorite toy

Other: _____

WHAT CALMS MY CHILD _____ **WHAT MAKES IT HARDER** _____

HOW PAST VISITS WENT

_____

MY QUESTIONS

_____

_____

WHAT THE DENTIST SAID

_____

_____

_____

NEXT STEPS

_____

_____

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