## Checklist

### Before the visit

- Does the dental office see children of your child’s age?
- Does the dental office accept your dental insurance/Medicaid/CHIP?
- Have you called to ask the dental office if you can stop by and take a tour of the office before you schedule your child’s appointment?
- Is the office located near your home or child’s school?
- Have you asked the dental office what you need to bring on the day of your child’s appointment?

### During and After the visit

- Were you asked to fill out a medical and dental history for your child?
- Was the dentist gentle but thorough when looking at your child’s teeth?
- Did the dentist or staff talk to your child about how to take care of their teeth?
- Did the dentist explain to you: How your child’s teeth are doing? How your child’s head, neck and jaw are growing? How to prevent tooth decay?
- Did the dentist explain to you what type of treatment your child will need to fix their teeth if your child has cavities (tooth decay)?
- Did the dentist explain to you what will happen if you do not get your child’s cavities (tooth decay) fixed?
- Was the visit positive for your child?
- Were your questions treated with concern and respect?
- Do you feel comfortable taking your child back to this dentist for future appointments?
- Are you comfortable with how the dentist will manage your child’s behavior during their appointment to get their teeth fixed?

## Preparing a Child at Home for their Dental Visits

- Choose the best time of day for your child when making their dental appointment. Avoid your child’s usual nap time or close to lunch or snack time.
- Try and go to the dentist with your child instead of another family member. Parents are usually trusted most by your child.
- Children pick up on parental fears. Don’t talk about being worried about the dentist in front of your child.
- Tell your child what is expected of him/her at the dentist. “Your job is to hold still and open wide”.
- Practice going to the dentist at home before your child’s visit. Allow your child to look at a doll’s mouth in the same way a dentist would do.
- Never use a dental visit as a punishment or threat.
- Avoid bribing your child to go to the dentist.

Developed by the Children’s Oral Health Coalition led by Cook Children’s