



7

TIPS TO
HELP KIDS
OVERCOME
FEAR
OF
DENTIST

Dear Parents



Thank you so much for taking the time to connect with us regarding your child and ways to help him/her regain and maintain optimal oral health.



My name is Dr. Diane Dmytrowski and my entire focus with the practice is to ensure that everyone in our region can receive the dental care that they need. A significant portion of people with poor oral health stems from a fear of dentist from childhood.

With an increasing number of children fearful of dentists, it was important for us to produce this simple tip sheet as a way to let you know we care and that we are here if you need us further.

Please feel free to share this tip sheet with parents who may need it and please do not hesitate to contact us should you require further information or consultation.

Sincerely,

Dr. Diane Dmytrowski and associates.



DO

PRETEND CHECK UPS

AT

HOME TOGETHER

WITH

YOUR CHILD



**HAVE YOUR CHILD
ACCOMPANY YOU TO
YOUR OWN APPOINTMENT.**



**CHILDREN BUILD TRUST EASIER
WITH DENTISTS**

**TRUSTED BY THEIR
PARENTS.**



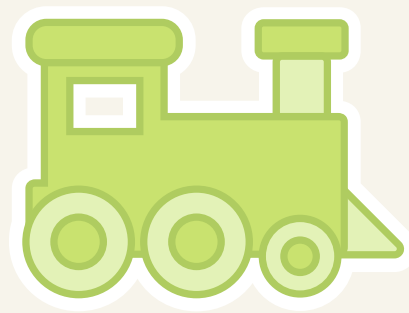
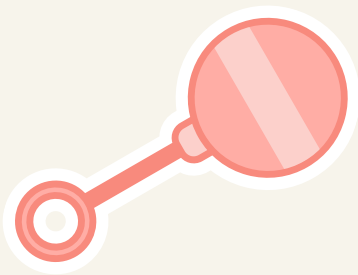
LET YOUR CHILD

BRING A

**FAVOURITE
STUFFED ANIMAL**



OR



TOY

TO THE APPOINTMENT



I. VALIDATE YOUR CHILD'S FEARS

II. TELL HER IT'S OK TO BE AFRAID

BUT REASSURE

YOU'LL BE BY HER SIDE

THE WHOLE TIME



CONSIDER HAVING YOUR CHILD

SIT ON YOUR LAP

DURING THE

**APPOINTMENT SO
HE FEELS**

MORE SECURE



HELP YOUR CHILD FEEL
EMPOWERED
...BY GIVING CHOICES
SUCH AS
WHICH TOOTH SHE
WOULD LIKE THE DENTISTS
TO EXAMINE FIRST.



OFFER SOMETHING **EXCITING**
TO LOOK FORWARD TO



WHEN YOU LEAVE THE OFFICE
SHOWER YOUR CHILD
WITH

HUGS - KISSES - PRAISE

**WE ARE HERE
TO HELP
FOR A CONSULTATION
PLEASE CONTACT US**

Phone: 613-232-3725

Email: smile@sedationdentalgroup.ca

www.sedationdentalgroup.ca

Clinic hours:

Mon - Thurs: 7:00am – 4:30pm

Fri day- 8:00am – 1:30pm

We See Emergency Cases!

Sedation Dental Group

441 MacLaren Street Suite 370

Ottawa, Ontario

K2P 2H3

