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Zero Cavity Club

A NEWSLETTER BY DR. SAILI MASURKAR

Our Dasshera Celebration



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Your child's first dental visit

- Dr. Dhruti Mehta

Your child's first dental visit

Let me ask you something

- 1) Are you scared of visiting a dentist?
- 2) Are you scared of taking your child for his/her first dental visit?

I vaguely remember my first visit to the dentist. I was excited as well as nervous. Once I got there, I was in awe of the magic chair which moves with buttons pressed by foot. I was trying to check out everything possible there. I was very anxious to sit on the dental chair, from what I remember, I was scared that I may fall off the chair!!!

There are a lot of us who are scared to visit a dentist for their dental problems, let alone take their kids to the dentist.

Everyone will agree that the newer generations are way smarter than our generation at their age. Do you know that your anxiety is easily recognised by your children & this unconsciously makes them anxious?

Let's see what can be done to ease the anxiety.

Let's avoid using certain terms & sentences when introducing a dental visit to your kids, like

- 1. It is not going to pain.**
- 2. Don't be scared.**
- 3. The doctor does not have injection.**
- 4. The doctor is not going to remove your teeth.**

Terms like pain, scared, injection, removing teeth although used with words/phrases like no, does not, etc. will induce an unpleasant imagination for your child's first dental visit.

Terms/phrases like,

- 1. The doctor has a magic chair which goes up & down like a see saw.**
- 2. The doctor will play a game where she will count all our teeth, checking who has more no of teeth.**
- 3. The doctor will just take nice photographs of your teeth etc.**

These phrases will induce a pleasant imagination.

You can play dentist & patient with them at home to make them more comfortable. They can also bring their favourite soft toy if any for their dental visits.

As a parent, it is very obvious, that there are going to be lots of doubts about why & how the treatment will be carried out. However, it will be very helpful if this discussion takes place when the child is playing in the play area.





May millions of lamps
illuminate your life with
endless joy, prosperity and
health.

Zero Cavity Dental
Team wishes you a wonderful
Diwali and a
happy new year 🪔