



Welcome to Ada Pediatric Dentistry! We are committed to promoting a positive attitude toward dentistry that will last a lifetime. We have created an environment that is friendly, safe, and welcoming for children and the entire family. Our practice is dedicated to the *prevention* of dental disease because we understand that prevention is the key to improving the oral health of children. In order to provide the best dental experience for your child, we would like to offer some advice on what to expect at your child's upcoming visit:

- 1) **First Visit:** It's important that your child has a positive dental experience from a young age. That's why we believe children should see a pediatric dentist by age 1. This ensures a great start to your child's dental health. We tailor your child's visit based on his/her age and comfort level. Young children often do better in a parent's lap (aka "lap exam") whereas older children may sit independently in the dental chair. Depending on your child's age, you may want to bring your child's favorite small toy, stuffed animal or blanket to the first visit.
- 2) **Dental Terminology:** You will notice that we speak in general terms and use special kid-friendly vocabulary to introduce your child to our environment. It is best to avoid talking about specific procedures or instruments since we will prepare your child. Remember, you can easily transmit your past dental fears so it is best to treat this appointment in a matter-of-fact way and so will your child. Should your child have questions, please avoid using negative words that may create unnecessary anxiety in your child.

<u>Instead of:</u>	<u>Use:</u>
Examination	Count teeth
Suction	Mr. Thirsty, straw
Explorer	Tooth counter
Tooth cleaning	Tickle teeth
Fluoride treatment	Tooth vitamins
Needle/shot	Sleepy juice/medicine
Bite block	Tooth pillow
Drill	Toothbrush/whistle/motorcycle
Cavity/decay	Sugar bugs
Filling	Tooth paint, princess tooth, superhero tooth
Pull or extract tooth	Wiggle a tooth
Nitrous oxide	Sweet air, fruit (i.e. cherry, grape) air

3) **Parental Presence:** Parents are invited to accompany their child during cleanings and treatment, although we know that some children do better without parents present. If you choose to be present, we ask that you be a "silent observer." This allows us to maintain communication with your child while giving him/her our complete and undivided focus.

4) **Scheduling:** We encourage morning appointments for children under 6 years since younger children are often more cooperative, alert, and happy earlier in the day.

Thank you for trusting us with the care of your child. You, as the parent, play the most important role in your child's dental care. Please do not hesitate to let us know if you have any special concerns. Communication is very important for effective and successful treatment. We are looking forward to meeting you and your child at your scheduled appointment.

Sincerely,
Dr. Stephanie and the Team at Ada Pediatric Dentistry