

POND SQUARE DENTAL

Helping Your Child Feel Calm at the Dentist

Worried about your child's dental visit?

Many parents feel unsure when their child is anxious or fearful, when appointments have been delayed, or when they are unsure what is normal or when to start. This is very common. With the right approach, dental visits can become calm, positive and stress-free for both you and your child.

A Gentle, Child-Focused Approach

We focus on building trust and confidence at your child's pace. We use a Tell–Show–Do approach, where we explain, demonstrate, and then gently carry out care. We offer positive encouragement, using praise and small rewards to build confidence. Distractions such as music, stories, or videos can help children relax. Parents are welcome to stay close to help their child feel secure. Every child is different, and we always adapt to their needs.

Helping Your Child Feel Comfortable

Small changes at home can make a big difference. Use positive language such as “You will sit in a special chair”. Keep explanations simple and calm. Try to avoid phrases like “do not worry” or “it will not hurt”. Instead, present the visit as something new, interesting and exciting.

Early Visits Matter

Children can visit from around their first birthday. Early visits help build familiarity and confidence, prevent problems before they start, and reduce the need for future treatment. Regular visits every 6 months are recommended, especially during development.

Common Questions from Parents

- **Are baby teeth important if they are going to fall out anyway?**
Yes. They hold space for adult teeth. Losing them too early can affect how permanent teeth come through.
- **Is it normal for teeth to be crooked or have gaps?**
Often, yes. Teeth change as children grow, but regular checks ensure development is on track.
- **Why are baby teeth more prone to decay?**
They have softer enamel and are more affected by frequent snacking and poor brushing habits.
- **When should I start brushing my child's teeth?**
As soon as the first tooth appears, using a soft toothbrush and toothpaste.
- **How much toothpaste should I use?**
Under 3 years: a smear
3 to 6 years: a pea-sized amount
- **What drinks are best for my child's teeth?**
Water and milk are best. Sugary drinks and juices should be limited and kept to mealtimes.
- **Is it okay to give snacks between meals?**
Yes, in moderation. Offering water afterwards helps to wash the food away.
- **Do fluoride treatments or sealants hurt?**
No. They are quick, comfortable, and help protect teeth from decay.

LOVE YOUR SMILE

- **What if my child cries or will not cooperate?**

This is very common. We work patiently and may keep visits short and positive, building confidence over time. Sometimes we may arrange multiple appointments just so the child would get to meet the team and familiarise themselves with the surroundings.

- **Should I worry if my child breathes through their mouth?**

It can lead to dryness, which may increase the risk of decay along with other health issues.

Extra Support for Nervous Children

We always begin with the most gentle and simple methods first. Any additional support is only recommended when it truly benefits your child's comfort and wellbeing. If a child needs additional support, we will always discuss this carefully with you.

Inhalation Sedation ("happy gas")

A mild, commonly used option where your child breathes a mix of oxygen and nitrous oxide through a small mask. It helps them feel relaxed, and the effects wear off right after removing the mask. There is no down time.

A Calm Start Makes All the Difference

With the right support, dental visits can become a routine, relaxed part of your child's care. We are here to support you every step of the way.

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