Visit the dentist:
• By age 1 or when first tooth appears.
• Every six months.
• If you notice brown or black spots or if you have any concerns.

Find a dentist that is parent- and child-friendly.

Schedule an appointment and make sure to go.
• If you need to reschedule, give at least a one-day notice.
• Avoid appointments close to nap, lunch or snack times.

Be positive. Children know when parents are scared or nervous.
• Do not use the dental visit as a punishment or threat. It should be a fun visit!
• Read a book or watch a video about visiting the dentist.

Questions? Call 682-885-6730 or visit cookchildrens.org.