

Take your child to the dentist



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.

A HEALTHY MOUTH CAN LEAD TO A HEALTHY BODY.

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



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