



Dear Parent,

Your child is due for an examination/treatment at our children's dental consultation hour in the near future.

We would like to give you some advice to prepare for this appointment. This advice is intended to help your child come to us with as little bias as possible in order to make mutual interaction between the parties involved (child, parents, practitioners) easier.



I. In preparation for the appointment

- **Prepare the examination/treatment in a playful way:** You can prepare the appointment by playacting it beforehand. Look into each other's mouths and count the teeth together. Picture books can also help to introduce the topic.
- **Avoid fear from the start:** Please tell your child about going to the dentist in a simple and factual way. Avoid anything that might cause your child to be afraid or to think in advance that going to the dentist must be something unpleasant.
For instance, it is not appropriate to tell the child:
"If you are good, it will be over very quickly!", or *"At the dentist you have to show that you are brave".*
Children do not react to the content of these statements, but to the fact that an appointment at the dentist is associated with fear and pain in the first place.
- **Your statements should be true:** It would be wrong to tell your child before the treatment:
"The dentist just looks at your teeth and then we go home again", or *"It does not hurt at all",* if the procedure for the dental appointment has not been clarified beforehand. With these statements you promote an attitude of expectation that can very easily be disappointed. Once lost, trust is difficult to regain.
- **Convey a positive attitude:** Avoid statements with negative connotations such as *"Oh no, next week I have to go to the dentist again!"*. Also, threats involving a dentist such as *"If you are not good, you will have to go to the dentist tomorrow"* influence the child negatively. This way, your child will perceive the visit to the dentist as a punishment and this is precisely what should be prevented.
- **Do not promise any reward:** Children should not be promised a reward. Because this does not teach them that a visit to the dentist is something quite normal.
- **Familiarise your child with going to the dentist at an early age:** You can tell your child that you also have your teeth checked regularly by the dentist and bring him/her along to your own check-up appointment. This way, your child can get used to the atmosphere at the dental clinic as "spectator" at an early stage and make her/his first positive experiences.



II. 8 i f]b['lfYUra Ybh

- **8c` bch Yl dYWh a JfUWYg:** Ö[Ä[[oÄc] ^&ö(äæ!•Ä-[{ Ä~! V@Ä^æ ^} oÄ^~ ä•ÄÄ[ö[Ä æä } &^Ä +[{ Äç^!^[] ^Äç[|ç^äEU@~ |äÄ^æ ^} oÄ^Ä^&••æ^E[[oÄ|Ä@Äæ æ^Ä^ä•Ä Ä^Ä^] æä^äÄÄ [] &^ÄQ[••ä| Ä ä@~ oÄÄ[]•^} oÄ Ä@Ä&@äDÄV@Ä[~|äÄ^æÄ Ä@Ä&@äÄ [oÄ[[] ^!æä * Ä Ä@Ä ~ç|^Ä^ä&æ•^Ä• @Ä| Ä@Ä æÄç^! @| ^äÄ@Ää•oÄ Ä^EÄ&@äÄ^ä•Ä ÄÄ Ä^Ä^•^äÄ Ä^, Ä ^} çä[]{ ^} oÄ äÄ ä æä }•EY ^Ä^ Ä Ä ä ä ä Ä&@ä|^} Äwith equipment, instruments and treatment procedures •|, | Ä ä Ä Ä{ äÄÄ }•E
- **H YW]X]g'H Y'a cgh]a dcfHbhdYfgcb:** OÄ^Ä^} oÄÄ [ä d ^} EÄ@Ä æä oÄ[~|Ä&@äÄ Ä@Ä [•oÄ ä]| | oÄ^!•[] EY@Ä|ä æä Ä^~ ä•Ä[{ { ~} äæÄ Ä^ç ^^ Ä@Ä|äæä }^!Ä äÄ [~|Ä&@äE^Ä ^~|Ä&@äæ, ^!Ä^ÄÄ EÄ|self, even if it will take a bit longer.
It is in the interest of your child that you remain calm and cooperative while she/he is being examined or treated. Leave motivational attempts to the practitioner. Especially if a child is anxious or uncooperative, it does more harm than good for the parents to get involved on top of both the practitioner and the chair-side assistant.
- **Do not reproach:** If your child does not cooperate as desired, for instance does not want to open the mouth and you have to make another treatment appointment because of it, do not blame your child. This situation might be annoying, but you should not put pressure on your child. Appointments with the dentist should not become a torment. Your child should not get the feeling of being forced to do something against her/his will at the dentist. The time invested at the beginning will pay off later.
- **Support from the favorite cuddly toy:** Children can bring their favorite "cuddly toy". We also treat crocodiles and teddy bears.
- **Praise at the end:** After treatment, the child is praised for the smallest achievements (e.g. the child opened mouth well). The parents look at the treatment result with interest (e.g. perfectly clean teeth or a new filling).

In case you are interested in an appointment within the "Children's Tutorial":

E-Mail: kurs-zahnerhaltung@med.uni-tuebingen.de

Tel.: 07071 / 29-86180 + 1 (Registration desk)

With this in mind, we wish you (and us) pleasant and successful examination/treatment appointments!

