

Dear Parent(s) or Guardian(s),

We make every effort to make your child comfortable during their appointments. You can help us! In most cases, **your child will do better without your presence**. Children often act differently when parents or guardians are present and may not listen to us. Your visible trust in us will allow us to build a positive relationship with your child. Additionally, we have limited space in the office and it can become crowded. You are always **welcome to watch** your child through our **one-way window**. The exception to these guidelines is children under 3 when we perform a lap exam in our consultation room.

Here are some helpful tips to consider before your child's visit.

1. Before and during the appointment, be careful the words you use in describing the dentist. We choose our words carefully, those a child will understand.
  - Instead of shot or needle, use **sleepy juice**
  - Instead of drill, use **water sprayer**
  - Instead of pull or yank tooth, say **wiggle tooth**
  - Please do not use the dentist as a threat to get your child to do something differently
2. If **one parent** chooses to be present during the appointment we ask you **do not bring any other children** and to be a supportive listener because:
  - You may give incorrect information.
  - Your children will not listen to us if you are talking.
  - The best support you can provide for your child is by hand-holding, or stroking the leg or supportive, positive words.
3. During the appointment, if asked to leave, be ready to walk away, out of your child's field of vision. Some children will try to control the situation and "act out". It is normal but unacceptable and can be unsafe during an appointment. Once the behavior stops, you may return.
4. After the visit, continue with positive words to make the child feel good about themselves.
  - Examples include: "I'm proud of you", "Good job", "You are a great helper", "You are so brave".
  - Do **not** use phrases like: "Poor baby", "I'm sorry", and "Did that hurt?"

Together, with your help, we can provide a positive experience for your child!

Sincerely,  
Caring Tree Children's Dentistry