



TATTENHALL  
D E N T A L



## Ways to help

- Always allow the dentist to lead the conversation
- Never use an electronic device for any reason in the surgery even if your child is undergoing treatment (taking videos or photographs is not permitted)
- Occasional replication of positive phrases the dentist may use is helpful, like “fabulous, you’re doing great” can help
- Avoid talking to your child about your own bad experiences
- If you are anxious of the dentist, allow a friend to accompany them into surgery instead
- Avoid negative words at home or at the practice, such as “it won’t hurt”
- Use a positive tone of voice
- A person with parental consent must attend with any child under the age of 18 for check-ups and treatment, unless the Dentist has agreed in advance (see cancellation policy). If you have a court order stipulating parental consent, please bring this with you. Otherwise, the appointment for the child in your care may have to be rearranged, which can increase their anxiety and can make them leave feeling upset.

## Ways to lose cooperation

- Talking over the Dentist or taking over the giving of instructions
- Rubbing your child’s leg or hands - we know you want to help, but this increases anxiety rather than reduce it
- Using the word ‘needle’
- Promising “it won’t hurt” or “it will be over in a minute”
- Use threats like “the dentist will pull your teeth out if you don’t do what they say”
- Focusing on how you feel rather than concentrate on making the experience positive for your child
- Having siblings in the room
- Promising gifts/toys/money only adds pressure on you children to perform, we do not recommend this
- Please do not use any electronic devices within the clinical environment