

# A guide to your child's first visit....

## Key Advice:

- ✓ Use fluoride toothpaste
- ✓ Keep sugar to mealtimes
- ✓ Visit us for regular check-up appointments

## First Visits:

We feel your child's first visits to our practice are the most important they will make.

It is often because of a bad experience early on that children become worried about visiting a dentist. That's why we make every effort to make sure these early experiences here are just right.

## What to Expect:

We advise you bring your child along for their first visit as soon as their first tooth appears. This is around 6 months of age, but we encourage the registration of children of all ages. This visit can be arranged to coincide with visits from the rest of the family, this gives us the opportunity to provide advice on preventing disease and answer any questions you may have. It also lets your child get used to the strange surroundings and meet your dentist in a relaxed way. Doing it this way lets your dentist spot problems early. This can avoid the need for teeth to be taken out.

Understandably it takes some children longer to get used to the surroundings than others. Don't be worried if at these initial appointments we don't manage to look in your child's mouth. It's more important these visits are pleasant ones and that they are taken at each individual child's pace.

## DUNSDENTAL PRACTICE

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Monday	09:00 - 18:30
Tuesday	08:30 - 18:00
Wednesday	09:00 - 18:00
Thursday	08:00 - 18:00
Friday	09:00 - 17:00

Please note that the practice is closed  
between 13:00 - 14:00 daily



## Registering your baby or child:

It's never too early to register your child. We recommend you register your baby as soon after birth as possible. This not only ensures early availability of introductory visits but also access to our out of hours emergency and advice service.

## Older Children:

We make efforts to make visits as easy as possible for the older child. Many children need treatment when they first visit our practice.

For anxious children we try to take this slowly, with a few short appointments. We spend time gradually introducing instruments and treatments that give them time to get used to visiting.

## Preparing Your Older Child:

You can play an important role in making these visits a success.

Before attending with your child explain to them who they will meet and what will be expected of them.

There are children's books available which many parents find are very helpful in doing this.

Preparing your child with a positive picture is an invaluable help to us.