

Smiles 4 My Child!



My 1st dental visit



Take me to see a dentist before my 1st birthday or when I get my first baby tooth!

Take me to see the friendly dental team at



What happens at my 1st dental visit?

NHS
dental care for
children is
FREE

My first dental visit:

- Is usually short
- Allows me to meet the dental team in a friendly way
- Starts me building confidence in visiting the dentist



When we arrive

You will be asked to complete a form for me

At the check-up

I will have my teeth counted and checked that they are healthy

The dentist will discuss how to care for my teeth and answer any questions you may have.

How will the dentist examine me?

The dentist can examine my mouth while

- I am in your arms,
- or on your lap,
- or on both your and the dentist's knees

Don't worry if I do not sit still for my check-up. This is normal and will get better as I get to know the dentist.



What happens after the first check-up?



The dentist will advise you on how often I need a check-up.

The frequency of my check-up will depend on my needs.



Tips for a positive dental visit for me

- I prefer to have my visit earlier in the day, when I am rested.
- Make my trip to see the dentist fun for me!
- Do take my favourite toy, blanket or comforter along so that I feel comfortable and safe.



Public Health
England



Public Health England working in partnership with
NHS England and Health Education England

