

# Dental Health Guidance for Parents and Caregivers of

## Children with Anxiety and Depression

As partners, you, your child's dentist, and doctor can make sure your child with special needs has the best dental health possible. Together you can make a difference!

### Scheduling a dental appointment

All children should have their first visit to a dentist 6 months after the first tooth comes into the mouth, or by 1 year of age (whichever comes first).

Ask your child's doctor or nurse to help you find a dentist. You can also get information from your Local Health Department/District. They may be able to tell you the name of a dentist for your child.

Some people find it helpful to know what to say when calling the dental office to schedule an appointment. Here are some ideas.

Hi, my name is \_\_\_\_\_

I am calling to schedule an appointment for my child \_\_\_\_\_

My child has special needs. My child has \_\_\_\_\_

Are you the person I should speak with about my child's needs or is there someone else available in your office I can speak with?

My child does best when \_\_\_\_\_

My child is afraid of \_\_\_\_\_

My child will feel more comfortable in your office if \_\_\_\_\_

Ask questions related to your child's specific physical circumstances (For example: Are there stairs? Is there an elevator? Is parking next to or inside the building?)

In the past, my child had a successful dental visit when \_\_\_\_\_

In the past, my child had a hard time at the dentist when \_\_\_\_\_

Thank you.

### Before dental appointment

- If you are fearful or anxious at the dentist, have a family member or friend take your child to the dentist appointment.
- Talk to your child about going to the dentist. Use words your child will understand and a positive or neutral tone of voice. Avoid using terms like "shot" and "drill". Sometime pictures or books help to explain what will happen.
- Offer suggestions to the dental office to help create a successful visit. Be clear and specific about what will help your child at the appointment. Share past dental experiences, positive and negative ones, with the office staff.
- Make the dental appointment for a time of day that is best for your child, if possible.
- Tell the dental office the name of your child's doctor's office or clinic.
- Let the dental office know that it may take longer to treat your child.

# Children with Anxiety and Depression continued

## Day of dental appointment

- Bring a list of any medicines your child takes.
- If your child is anxious about dental visits, inform the dental staff of the most successful way to talk with your child.
- Tell the dental office things your child might do and the best way to deal with how he or she may act. Suggest things that make your child feel good.
- Ask for help about different teeth cleaning ideas that will make taking care of your child's teeth at home easier.
- Bring a list of any questions you may have about your child's teeth.
- Tell the dentist you would like to talk about any treatment before it is done.
- Ask whom you should call, or where you should go, if your child has a dental problem and the dental office is closed.

## Keeping teeth and gums healthy

- Ask the dentist and dental hygienist all questions you have so together you can keep your child's teeth and gums healthy.
- Ask your doctor or nurse for prescriptions without sugar to help prevent tooth decay (also called "cavities"). Use "over-the-counter" medicines that do not have added sugar.
- Encourage your child to rinse with water after eating to make sure your child is not holding food in his/her mouth.
- Encourage your child to rinse with water after taking medications that may cause "dry mouth". A dry mouth can make it easier for your child to get tooth decay.
- Know what is normal in your child's mouth. Lift the lips away from the teeth for a better view of your child's teeth and gums. Look often.
- Follow a daily plan to take care of your child's teeth: brush teeth twice a day with fluoride toothpaste. You may find it is easier to brush your child's teeth if your child is lying down face up. Have your child drink fluoridated water. Use any aids recommended by the dentist or hygienist to keep teeth and mouth clean.
- If your child doesn't like a toothpaste flavor or foam, it may be helpful to try different toothpastes until you find one your child likes. If your child does not like foam from toothpaste, choose toothpaste that does not contain "Sodium Laurel Sulfate."
- Avoid offering your child sugary snacks and drinks (juices, pop) and avoid using them as rewards. Look at labels on food products for words ending in "ose" such as "fructose" and "sucrose" and limit their use.
- Do not share utensils, cups and toothbrushes with your child to avoid passing the bacteria which can cause tooth decay. If your child uses a pacifier, do not dip the pacifier in honey or sugar and clean with water only.
- Do not serve juice in sip cups, just in open cups. If you need to put a child to bed with a bottle, fill it with water only.
- If your child knocks a tooth out, attempt to place the tooth immediately back into the socket and seek professional dental care. If you are unable to replace the tooth, put it in cold milk and proceed immediately to the dentist.
- Use seat belts, stair gates, bike helmets, and mouth guards to prevent injury to the teeth and face.
- Bring your child to the dentist for exam and cleaning visits as recommended based on your child's chance for getting tooth decay. Ask the dentist for dental "sealants" and fluoride treatment to protect your child's teeth from tooth decay.

**These actions will help to prevent tooth decay (cavities) in your child.**

**Additional information:** [Special Needs Fact Sheets for Providers and Caregivers](#)



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