

PREPARING YOUR CHILD FOR A DENTAL CHECKUP

1

Prepare & Familiarise

Introduce the idea of a dental visit through books, roleplay, or videos. The Bee Healthy website has social stories and a video. Explain what to expect (sounds, smells, sensations) using positive language. Focus on small successes—sitting in the chair or having a mirror in their mouth is progress!

2

Teleconsult

Request a special care teleconsult when booking. Fill in a dental passport to bring (on our website). A therapist will call to discuss your child's needs and plan an initial 30-minute visit to familiarise them with the clinic, with no pressure to complete a full exam.

3

Accommodations

Ask your therapist about ways to make visits easier:

- Dim lights, turn off TVs
- Private room with a closing door
- Headphones or background music
- Extra time and regular social visits

4

Tips for Success

- Acknowledge your child's feelings
- Model calm, confident behaviour
- Break the exam into steps if needed

5

Further Resources

Check out the free resources online to help:

- Oral Health & Nutrition Videos
- 'Visit to the Dental Clinic' video
- Printable Toothbrushing Chart
- Social Story 'Visit to the Dental Hub'

