



# Bridges Early Head Start Program

## *"Nurturing the Future"*

### PARENT INFORMATION SHEET

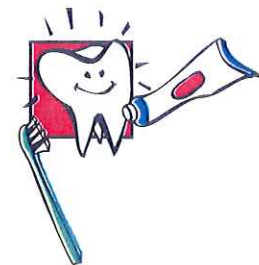
#### *Tips for Preparing Your Child for a Trip to the Doctor/Dentist*

As you know, going to the doctor or dentist for the first time can be a very scary experience. When children are not familiar with people or places they are much more likely to feel frightened and nervous and this affects their ability to cooperate. Here is a list of some of the things that you can do to help lessen or eliminate your child's fears and make going to the doctor and dentist an educational and nurturing experience.

- 1) Read books about going to the doctor and dentist with your children and talk about what happens and why it's important for them to go.
- 2) Talk to your child about the positive experiences you have had with your doctor/dentist and use their name when referring to her/him.
- 3) Have the family set up a room as though it is a dental/medical office and have each family member play a role (for example, dentist, doctor, patient, nurse, receptionist). Make this into a fun game.
- 4) Bring your child in to meet the doctor/dentist before you go to the actual appointment and allow them to become familiar with the sounds, sights, and smells of this environment.

The more familiar your child becomes with who the dentist is and what he/she does, the easier this experience will be for your child.

Your local library has many resources for children about going to the doctor and dentist; ask the librarian to help you find what you need. In addition, your doctor or dentist may have information to send to you if you telephone ahead of time.



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