

## Living Life to the Full - Life Skills Newsletter March 2026

Welcome to this special **dental anxiety** edition of the LLTTF<sup>®</sup> life skills newsletter.

### In this edition:

- **Supporting You with Dental Anxiety**
- **Resources to help you communicate your concerns to your dental team**
- **Getting Through Your Dental Appointment (Online Workshop) Thursday 26th March 2026 7pm – 8pm (Open to the Public or Dentists)**
- **Online Courses for Dental Anxiety- Supporting Children & Teens with Dental Anxiety**
- **Free Worksheet - Your Teeth, You're In Control**

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## Supporting You with Dental Anxiety

To mark World Oral Health Day on 20th March 2026 we're proud to share a range of practical, evidence-based resources designed to support people who feel anxious about visiting the dentist. Developed using a Cognitive Behavioural Therapy (CBT) approach, these tools are designed to help individuals better understand their fears and build confidence when attending appointments. From free downloads and self-help materials to books and online courses, the resources cover everything from:

- Understanding where dental anxiety comes from
- Learning calming techniques like breathing and relaxation to get you through dental appointments
- Building confidence and control during appointments
- Supporting children and families through positive dental experiences

There are also tailored resources for adults, teenagers, parents and dental teams, making it easier to provide the right support for every patient.

With dental anxiety affecting a significant number of people—and often leading to delayed care—these tools offer a simple but effective way to break the cycle and improve long-term oral health.

👉 Explore the full range of resources:

[www.lltff.com/shop/resources/dental-anxiety/](http://www.lltff.com/shop/resources/dental-anxiety/)

## “A Happy Mouth is... A Happy Life”

Your smile is more powerful than you think! Good oral health isn't just about bright teeth—it's the key to overall well-being, confidence, and a better quality of life.

☀️ Take care of your mouth, and it will take care of you:

- ✓ Brush twice a day
- ✓ Consider flossing daily with either dental floss, or use a water or air pick device to flush out debris your toothbrush can't reach. This reduces inflammation and gum bleeding.
- ✓ Eat a balanced, tooth-friendly diet such as high fibre fruit and veg, leafy greens, yoghurt and cheese (to reduce gum inflammation), nuts, seeds, whole grains. Watch out for sugary drinks, sticky sweets and acidic fizzy drinks and fruit juice.
- ✓ Visit your dentist regularly

A healthy mouth helps you speak, eat, and smile with confidence every single day. So today, and every day, let's celebrate the importance of oral health and keep those smiles shining bright! Because a happy mouth truly means a happy life.

If you struggle with visits to the dentist, we have a number of resources to help you in this newsletter.

### Resources to Help You



### Getting Through Your Dental Appointment (Online Live Workshop)

**Thursday 26th March 2026 7pm – 8pm**

Do you (or your patients if you are a dental health practitioner) feel anxious about visiting the dentist? You're not alone—and support is available.

Join this one-hour live online workshop led by Professor Chris Williams designed to help adults who may avoid or feel nervous about dental appointments. The session offers practical, supportive strategies to help manage anxiety and feel more in control before and during a visit.

Thursday 26th March 2026

7:00 – 8:00pm (UK time)

🖥️ Delivered online (open to the public and professionals)

This interactive session focuses on building confidence, understanding anxiety, and learning simple techniques to make dental visits more manageable.

Book your place ....

[Book Now](#)



### **Book - Getting the dental care you need: Getting through an urgent dental appointment**

Dental anxiety can make it hard to get the treatment you need—but support is available. This practical, CBT-based guide helps adults understand their fears, build confidence and manage anxiety during dental visits. It includes simple techniques, worksheets and tools to support a more positive experience.

Find out more:

<https://littf.com/product/getting-the-dental-care-you-need/>



### **Book – What are you passing on? – Helping your child visit the dentist**

Supporting a child who feels nervous about the dentist can be challenging for many parents, but the right tools can make a real difference.

This practical, easy-to-read guide is designed for parents of children aged 6 months to 8 years, offering clear advice on how to prepare for appointments and support children before and during their visit.

With colourful illustrations, simple explanations and practical strategies, the book helps build confidence, improve communication and create more positive dental experiences for both children and parents.

<https://littf.com/product/helping-your-child-visit-the-dentist-book/>

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## **Online Courses for Dental Anxiety- Supporting Children & Teens with Dental Anxiety**

We're pleased to highlight two helpful online courses designed to support young people who feel anxious about visiting the dentist.

### **Helping Your Child Visit the Dentist (0–8 years)**

This self-directed course supports parents of younger children, offering practical, easy-to-follow advice on how to prepare for appointments and help children feel calmer and more confident before and during their visit.

### **Visiting the Dentist (for Teenagers)**

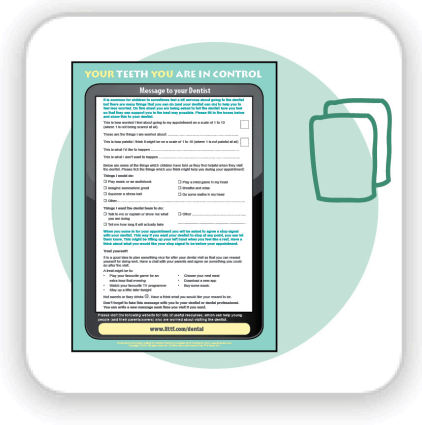
Designed specifically for teens, this course provides simple, relatable guidance to help them understand their worries, build confidence and develop strategies to manage anxiety around dental care.

Both courses are based on a CBT approach, with engaging modules and practical tools to help break the cycle of dental anxiety and support more positive experiences at the dentist.

Explore the courses

<https://littf.com/product/helping-your-child-visit-the-dentist-course>  
<https://littf.com/product/visiting-the-dentist-for-teenagers/>

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## Free Worksheet- Your Teeth, You're In Control

Help young people feel more confident and in control at the dentist with this free downloadable worksheet.

The “Your Teeth, You’re In Control” resource includes a practical “message to your dentist” worksheet, allowing children and teenagers to share their worries, preferences and needs ahead of their appointment.

It’s a simple but powerful tool to support better communication and reduce anxiety around dental visits.

👉 Download the free worksheet here:  
<https://littf.com/product/your-teeth-youre-in-control/>

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## UPCOMING ONLINE TRAINING

Find all of our upcoming training at [www.littf.com/training](https://www.littf.com/training)



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Finally, thank you for reading this newsletter. We really appreciate your interest in our work and we hope it proves helpful.

Chris, Donna, Kathryn, Theresa, Andrew, Karen, Kate and Kevin



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