

YOUR TEETH YOU ARE IN CONTROL

Message to your Dentist

It is common for children to sometimes feel a bit nervous about going to the dentist but there are many things that you can do (and your dentist can do) to help you to feel less worried. On this sheet you are being asked to tell the dentist how you feel so that they can support you in the best way possible. Please fill in the boxes below and show this to your dentist.

This is how worried I feel about going to my appointment on a scale of 1 to 10 (where 1 is not being scared at all).

These are the things I am worried about:

This is how painful I think it might be on a scale of 1 to 10 (where 1 is not painful at all)

This is what I'd like to happen

This is what I don't want to happen

Below are some of the things which children have told us they find helpful when they visit the dentist. Please tick the things which you think might help you during your appointment:

Things I could do:

Play music or an audiobook

Play a mind game in my head

Imagine somewhere great

Breathe and relax

Squeeze a stress ball

Do some maths in my head

Other.....

Things I want the dental team to do:

Talk to me or explain or show me what you are doing

Other

Tell me how long it will actually take

When you come in for your appointment you will be asked to agree a stop signal with your dentist. This way if you want your dentist to stop at any point, you can let them know. This might be lifting up your left hand when you feel like a rest. Have a think about what you would like your stop signal to be before your appointment.

Treat yourself!

It is a good idea to plan something nice for after your dental visit so that you can reward yourself for doing well. Have a chat with your parents and agree on something you could do after the visit.

A treat might be to:

- Play your favourite game for an extra hour that evening
- Watch your favourite TV programme
- Stay up a little later tonight
- Choose your next meal
- Download a new app
- Buy some music

Not sweets or fizzy drinks 😊. Have a think what you would like your reward to be.

Don't forget to take this message with you to your dentist or dental professional. You can write a new message each time you visit if you want.

Please visit the following website for lots of useful resources, which can help young people (and their parents/carers) who are worried about visiting the dentist.

www.lttf.com/dental