

First Dental Visit Checklist

Getting ready for your child's first dental visit is easier with a simple checklist. Use this guide from Isaacs Family Dental to make sure you and your child feel confident and prepared.

- Schedule the appointment around your child's nap and meal times (morning is best).
- Practice at home by counting your child's teeth and role-playing the visit.
- Pack comfort items like a favorite toy or blanket.
- Bring your child's insurance card and any medical history information.
- Talk positively about the visit using words like 'clean' and 'healthy' instead of 'hurt' or 'pain.'
- Read a children's book about going to the dentist together.
- Plan a small reward or celebration afterward to make the visit special.
- Write down any questions you'd like to ask the dentist.

Your child's first dental visit is an exciting milestone. With this checklist, you can make the experience positive and stress-free. Isaacs Family Dental is here to help families in Indianapolis and Zionsville every step of the way.