

Nobody knows how to raise your children better than you, and we're honored you have entrusted us with their care. In our experience, children do better in the dental chair by themselves. We understand that if you are new to the Dentistry By Design family, you may not be comfortable leaving your children alone with strangers, so we ask that you let us get your child seated before you join us for the procedure.



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Children and Dentistry



One-third of the adult American population avoids the dentist because of fear due to negative childhood experiences. Our mission is to create a positive dental experience for your children so that they can enjoy a lifetime of excellent oral health. Here are three key ways you can help:

1 Use positive, child-appropriate language.

Words like “shot” and “drill” are scary for little ones. Often, our providers are able to numb children’s teeth without them knowing they have received a shot. This is easier to accomplish if they aren’t anxious. Do talk to your child about their visit ahead of time, but instead of telling them we are going to drill on their teeth, say things like, “The dentist is going to wash the sugar bugs off with a little shower” or “The dentist is going to massage your tooth to make it feel better.”



2 Be a good mentor.

Your children have spent their entire lives reading and mimicking you. If dental visits make you fearful, do your best not to show it. If your child sees that you’re nervous, they’re sure to develop the same anxiety. If there is another adult in the family who is not fearful of the dentist, allow them to accompany your child to their appointment. Also, ask all of the adults in contact with your child to keep their discussions about dentistry positive.



3 Work with your child’s schedule.

Schedule your child’s appointment during the time of day that is best for them. If your child is best behaved after a nap, try to get in a nap before their visit. If mornings are better for them, try to visit us earlier in the day. We will always try to work around their schedule.



Please note, in the rare case that your child requires a more child-focused atmosphere, we will recommend a pediatric dentist.

We only make these recommendations when we feel it is in the best interest of your child, both for right now and in the long term. In our experience, “trying again” is rarely successful and most often leads to more anxiety for your child and frustration for you.

Our goal is to ensure that your family enjoys a lifetime of positive dental experiences.