

Combating dental anxiety in children - Smile Solutions

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dental anxiety will never enter your household. Role playing techniques Try setting up a role play of the dentist with your child's teddy bears and dolls. This activity is not only a fun way to spend time with your child but will also sooth any unwarranted fears your child may have. Be around other dental appointments Take your child along to a parent or older sibling's dental appointment. This will familiarize your child with the dentist and make him or her feel more comfortable. Time of the day Think about the best time in the day to take your child to the dentist. Try to avoid taking your child to the dentist around nap times as a happy child will have a happy experience. Books Read your child books about the dentist. There are plenty of great books out there that can be a really useful tool in teaching your child why they need to go to the dentist and what to expect when they get there. Positive reinforcement and rewards Remember to always be positive about going to the dentist. Tell your child about how much fun they are going to have while the dentist makes sure their teeth are nice and healthy. A little bit of praise never goes astray. If your child has overcome a personal hurdle by seeing the dentist, it can be a good idea to tell him or her how proud you are or even reward the child Answer questions Always answer your child's questions. Usually children's dental fears are based on school yard folk-tales which are simply untrue. A discussion with your child about what is fact and what is not is usually enough to combat any irrational fears. Tooth Fairy Watch the video "my first visit to the dentist" with your child by visiting Toothfairy.com.au . How does Smile Solutions help combat dental anxiety in children? Techniques used by our trusted and experienced paediatric dentists to prevent the development of dental phobia include: Non-verbal aids This includes having a child-friendly practice and a happy and positive dental treatment team Tell-show-do This technique is most commonly used to familiarize children with a new procedure. It involves using age-appropriate explanations and showing how the procedure works before performing it. Positive reinforcement This involves praising and rewarding the child at the end of a successful appointment. Distraction The aim of this technique is to take the child's attention away from the dental setting to focus on something unrelated. One of the ways we do this at Smile Solutions is to provide movies children can watch from the dental chair during the appointment. Empathy An empathetic approach involves establishing good rapport with the child such that the child feels that they have been acknowledged as an individual. We do this by using open-ended and personalised questions to foster a trusting relationship. Articles from Smile Solutions View Blogs Specialist Care Smile Solutions 18 Aug 2026 Endodontist vs Dentist for Root Canal: Why It Makes a Difference Read More General Smile Solutions 10 Aug 2026 Mouth Breathing: The Silent Habit That's Changing Your Face and Your Health Read More General Smile Solutions 3 Aug 2026 How Much Does a Dental Crown Cost in Melbourne? Materials Compared Read More Specialist Care Smile Solutions 18 Aug 2026 Endodontist vs Dentist for Root Canal: Why It Makes a Difference Read More General Smile Solutions 10 Aug 2026 Mouth Breathing: The Silent Habit That's Changing Your Face and Your Health Read More General Smile Solutions 3 Aug 2026 How Much Does a Dental Crown Cost in Melbourne? Materials Compared Read More View Blog Call Us 13 13 96 Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne VIC 3000 Hours Of Service Monday – Friday: 8.00am – 6.00pm Saturday: 8.30am – 1.30pm Sunday: By Appointment Our Services General Dentistry Cosmetic Dentistry Orthodontics Specialist Care Dental Implants Children's Dentistry Emergency Dentistry Why Choose Us Our Team Media Awards Careers Technology Location Holistic Dentistry Quick Links Contact Us Articles Packages & Offers Dental Payment Plans Understanding Your Treatment Sitemap Privacy Policy Copyright © Smile Solutions. All Rights Reserved. This site is protected by reCAPTCHA and the Google Privacy Policy and Terms of Service apply. Close Our Services General Dentistry Dental Cleans and Hygienists Wisdom Teeth Emergency Dentistry Root Canal Tooth Fillings Chipped or Cracked Teeth Snoring & Sleep Apnoea TMD & Teeth Grinding Sport Mouthguards Dental Anxiety Cosmetic Dentistry Porcelain Veneers & Crowns Same Day Porcelain Veneers™ Composite Bonding Professional Teeth Whitening CEREC Restorations Invisalign® No Braces All-on-4® Dental Implants Gummy Smile Complimentary Cosmetic Consultation Orthodontics Invisalign No Braces Orthodontic Braces Children's Braces and Invisalign Jaw Surgery Dental Implants All-on-4® Dental Implants

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