Anxiety about the dentist? How to make dental visits stress-free:

- Arrive to the visit on time
- Bring your child’s ProviderOne Services Card
- Stay in the waiting room if asked to do so by the dentist
- Clean teeth and bathe before dental visit
- Bring any needed items to your appointment such as diapers and wipes
- Only bring the child who has an appointment to the dentist (if possible)

Here are some tips to help!

- Prepare a list of questions to ask the dentist
- Let the dentist know about any bad dental visits or fears your child has
- Let the dentist do most of the explaining about what will be done during the visit
- Avoid using the dentist as a threat or using negative words when talking about dental visits