

THE CAMP IGRIN GUIDE

10 Tips to Prepare for Your First Dental Visit!



PLAY PRETEND DENTIST AT HOME

- Recommend kid-friendly books or videos about going to the dentist.
- Suggest stories featuring brave characters visiting the dentist.



Castle

SET A GOOD EXAMPLE AT HOME

- Show your child that brushing and flossing are important by doing it together!
- Make oral care a fun daily routine so they see it as normal and exciting.



Palm Trees

CHOOSE THE RIGHT TIME FOR THE APPOINTMENT

- Schedule when your child is well-rested and not hungry—mornings are often best.



Black Bay



Blue Lighthouse

ARRIVE EARLY TO EXPLORE THE OFFICE

- Let your child see the fun waiting room, meet the team, and get comfortable before the appointment starts.

READ BOOKS OR WATCH VIDEOS

- Recommend kid-friendly books or videos about going to the dentist.
- Suggest stories featuring brave characters visiting the dentist.



Waterfall



Rocky

Lake

River

Hill

Mountains



Treasure



Shipwreck

AVOID SHARING YOUR OWN DENTAL FEARS

- Even if you've had bad experiences, stay positive when talking about the dentist.
- Let them form their own fun, fearless association with dental visits.

PACK A COMFORT ITEM

- Let your child bring a favorite stuffed animal, blanket, or toy for reassurance.

START THE CONVERSATION EARLY

- Talk to your child about the dentist in a positive, exciting way.
- Use words like "tooth adventure" instead of scary terms like "drill" or "shot."



Red Lighthouse

Blue Bay

EXPLAIN WHAT TO EXPECT IN KID-FRIENDLY TERMS

- Tell them about the cool chair that moves, the tiny mirror the dentist will use, and how they'll get to pick a prize at the end!

OFFER ENCOURAGEMENT & PRAISE

- Celebrate their bravery with high-fives, hugs, or a small reward after the visit.