



## Behind the Scenes of a Pediatric Dental Appointment

This video resource is provided to help kids feel less anxious and more prepared before their dental checkups. As teachers watch this video, they can talk with kids about their experiences visiting the dentist.

In this video, kids go behind-the-scenes of a pediatric dental appointment to learn from the dentist what to expect during a routine cleaning and exam. Dr. Robert Matthews shares what happens when kids arrive for a dental checkup and what kinds of questions the assistants or hygienists might ask. Plus, Dr. Matthews also talks about what happens during a dental exam, like checking for cavities and counting teeth.

As you watch this video, you can talk with kids about their experience visiting the dentist. You can also talk with them about some of the procedures mentioned in the video, including why they might need to be weighed or what an X-ray is used for.

Teachers can also pause the video while the Dental Tips appear on-screen to walk their class through each of the tips listed. Many of the tips help re-enforce messages about taking great care of your smile or help adults find ways to ease nerves or anxieties that kids might have about visiting a dentist.

Finally, teachers might watch the video and then work with their class to come up with a list of questions kids might like to ask the dentist during their next visit so there are no surprises and only happy smiles.