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**Queensland  
Government**



# FIRST DENTAL VISIT



## Children need a dental check-up by their second birthday

This will check the health of the mouth and teeth and help get children used to regular dental visits.

- Tooth decay can start as soon as teeth appear. It may not cause pain in its early stages.
- A dental check-up will help pick up any problems with the teeth or mouth early - before they become severe.

## Don't wait until there is a problem – children need regular dental check-ups



## Tips for a positive first dental visit

- Let your child watch you or an older sibling have a check-up.
- Schedule appointments for the morning so tiredness is not a problem.
- Talk about what will happen at the dentist: counting teeth and learning to care for them.
- If your child is unsure, have them sit on your lap in the dental chair during their check-up.
- Avoid using words such as “drill” or “needle”.
- Let the dental team know of any medical condition or past-experience that might affect your child’s behaviour.
- Dental practitioners are trained to make children feel comfortable and first visits a positive experience.

Did you know your child may be eligible for free public oral health care?

