



# CORNERSTONE FAMILY DENTAL

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## Tips for Parents – Say what we say

In order to improve the chances of your child having a good experience in our office, we are careful what we say to them. We try to avoid words that might sound scary to a child. Please help us by *not* using negative words.

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**DO SAY:**

Sleepy Juice  
Tooth is asleep  
Water gun  
Clean a tooth  
Wiggle a tooth out  
Cavity bug  
Count teeth  
Tickle teeth  
Happy gas

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**INSTEAD OF:**

Needle or shot  
Numb  
Drill  
Drill on tooth  
Pull or yank tooth  
Decay or cavity  
Exam  
Teeth cleaning  
Nitrous

Our intention is not to trick or lie, but we do try to say things as simply as possible. The simpler the language we use, the less intimidating the appointment is. We also notice children tend to pick up their parents' attitudes toward the dentist. If you ever feel nervous, your child will likely think there's something to be scared of, too—even if you've never said so in front of him or her. Using this sheet can help your child feel prepared without feeling overwhelmed...and maybe it will even help you feel more comfortable at *your* next appointment, too! We appreciate your cooperation in helping us build a good attitude for your child.