

DENTAL TO-DO LIST

Do keep your child's dental appointment. If you must cancel, please call the office as soon as you can.



BEFORE THE VISIT

- Do share with your child the good reasons for going to the dentist.
- Do calm your child about the visit. Try not to use words such as “hurt”, “pain”, and “bleeding” when talking about the visit to the dentist.
- Do talk about your child's first visit in a good way.
- Do stay in the waiting room if asked to do so by the dentist or the staff.
- Do keep friends, brothers, and sisters from trying to scare your child about the dentist.
- Do practice sitting still at home before the visit. Practice “statue time” in a chair. Start short, then build up.

AT THE OFFICE

- Do visit the dentist with clean teeth.
- Do bring your child's health plan ID card.
- Do bring only the child who has an appointment to the dental office, if possible.
- Do tell the staff your concerns and ask questions before the exam.

If you are a member and need help finding a dentist please call **1-888-912-3456**.

Use the Find a Dentist tool on DentaQuest.com to find a provider near you or call member services at 1-888-912-3456.



CardinalCare Smiles
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