

Kids' First Dental Visit — Checklist

FIRST TOOTH OR FIRST BIRTHDAY — WHICHEVER COMES FIRST · EAST SALEM DENTAL

(503) 555-0123

Under 3? The visit is FREE

1251 Lancaster Dr NE, Salem, OR

97301

BEFORE THE VISIT

- ☐ Book a **morning slot** — rested kids are braver kids.
- ☐ Say "the dentist counts your teeth" — skip words like **hurt, shot, drill** (even with "won't").
- ☐ Play dentist at home: count a stuffed animal's teeth.
- ☐ Fill out forms online ahead so you're not juggling a toddler + clipboard.
- ☐ Pack a comfort item — bear, blanket, whatever works.

BRING

- ☐ Your ID + your child's **OHP member number** or insurance card (we verify free).
- ☐ Medication list, if any.
- ☐ Your questions — write them down, they count.

THE PRICE

Free under age 3. After that, kids' exams are covered by OHP and most PPO plans — often \$0. OHP covers kids' cleanings, fluoride, sealants and fillings.

WHAT ACTUALLY HAPPENS (15–20 MIN)

- 1 Your child sits on your lap or a kid-sized chair — parents always stay in the room.
- 2 We count teeth, check gums and bite. That's the "exam."
- 3 A gentle cleaning + fluoride if your child is ready. If not — no forcing, ever.
- 4 We answer everything: thumbs, pacifiers, bottles, brushing battles.
- 5 Sticker. Non-negotiable.

QUESTIONS WORTH ASKING US

- ✓ "Is my child getting enough fluoride?"
- ✓ "When should we start flossing?"
- ✓ "Sealants — when do they make sense?"
- ✓ "What snacks are actually the worst?" (spoiler: crackers rival candy)

IF IT GOES SIDEWAYS

Crying is normal and we've seen it all. A "failed" first visit still teaches your child the room is safe. We'll try again free — **no lecture, no charge under 3.**