



Growing Smiles
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Welcome to our practice!

Thank you for thinking of Growing Smiles for your child's dental needs. We are very excited to meet you and wanted to send you a couple items in preparation for your first visit. We have enclosed our necessary forms so you may review them at your leisure. Please complete and bring them to your first visit. We have also included a coloring sheet for your child to complete and hang on our "art wall".

Your child's first visit to the dentist is very important as you, your child, and Drs. Elliot and Shah begin working together to build healthy dental habits that will last a lifetime! There are a number of things you can do to help create positive experience. First, let your child know that the dentist is a friend and is there to help your child take care of their teeth. Second, explain that during the visit, the dentist will "brush", "count", and "take pictures" of their teeth. Finally, please refrain from using words that may cause any unnecessary fear or anxiety. The words "shot", "hurt", "needle", "pull", and "drill" are words we refrain from using. We are specialists in our field, and we have developed a specialized language to describe our procedures to children in non-threatening ways.

A few dental related materials which may be helpful in introducing the dental visit to your child are:

- Open Wide Tooth School Inside (book or DVD)
- Dora Show Me Your Smile (book)
- Barney Goes to the Dentist (book, especially for special health care needs patients)
- The Berenstein Bears Go to the Dentist
- The Tooth Book by Dr. Seuss

Please contact us if there is anything in which you would like to further discuss. Feel free to stop by and meet our Growing Smiles team prior to your first visit. Sometimes this can help ease the common anxiety that children have when entering a new place and can allow for a very enjoyable first visit.

We look forward to meeting you!

Sincerely,

Dr. Kristin Elliot, Dr. Reena Shah, & Dr. Ashlee Vorachek