

Prepping Your Child For The Dentist: 4 Common Pediatric Dental Tools



Worried about your child's first dental appointment? There are lots of strategies to help them prepare. One of the best to start is getting them used to the tools dentists use! Here are four common dental tools your child will see at the dentist!

1.



Dental Floss

Regular cleanings always include a flossing session – even for kids. Getting them used to having their teeth flossed can go a long way to making them comfortable in the dental chair. Speaking of the chair, try flossing their teeth while they sit down to help them get familiar with what they will experience during their appointment time!

2.



Dental Explorer

It can look scary and sharp, but it is really just there to count and measure your child's teeth. You can buy these at a dental supply store and use it to count your child's teeth a few nights a week to get them used to the sensation – and their numeric skills sharp!

3.



Plaque Scraper/Scaler

The scaler is the iconic dental tool. It is designed for scraping plaque and tartar off of teeth and around the gum line. This is one tool we DO NOT recommend you use with your child at home. Hygienists, dental assistants, and dentists all have special training to use plaque scrapers safely. Using a plaque scraper or scaler at home could lead to you poking your child or even damaging their gums. Leave this one to the professionals!

4.



Dental Mirror

Aside from dental floss, a dental mirror is probably the easiest dental tool to get your child used to. You can use it to see hard to see spots in your child's mouth while helping them brush and floss, and even have them hold the mirror to see in their own mouth! This is an easy way to get your child acclimated to dental tools – and best of all, dental mirrors are available at most pharmacies if you look around the oral health aisles.

Don't forget to ask your child's dentist the best way to prepare for that first appointment. The office might have specific advice to make sure you and your child have the best experience possible! Remember that good oral health habits start early – the more time you spend on your child's oral health now, the more time and money you'll save down the line. **If you want to learn more about how to best care for your child's oral health, check out our [blog here](#).**