

Avoid That Down-In-The-Mouth Feeling: Make Your Child's First Trip to The Dentist a Good One

A child's first visit to the dentist can leave an impression that will last a lifetime.

Many parents recognize the significance of the first dental visit and the importance of beginning regular checkups at an early age. "Often, however, the parent with good intentions inadvertently instills in the child anxiety about going to the dentist. This is often due to the parent's own anxieties or fears," says James Pinardi, D.M.D., Kaiser Permanente Dental Director.

By following a few simple guidelines, though, parents can work with their dentists to help their children have a positive first experience.

WHAT TO SAY

"The specific wording a parent uses when explaining dentistry to a child is very important," says Dr. Craig Snyder, D.M.D., a dentist at Kaiser Permanente. Snyder points out that negative words will be the ones remembered. "Statements such as 'It won't hurt too much,' might be meant to relieve anxiety, but may actually induce it. 'Hurt' becomes the main word the child hears, and the child has no way of measuring how much is 'too much.'"

Other words that should be avoided whenever possible include: pain, drill, shot and sharp.

Dentists, hygienists and their staffs have been trained to explain procedures to children in a positive and caring manner, so while parents should give honest answers to direct and specific questions, sometimes its best (and easier!) to avoid providing too much detail. It is better to give supportive statements such as "Let's discuss that with the dentist."

SHOW, TELL, DO

According to Dr. Snyder, one effective technique dental professionals often use to introduce children to the dental office environment is a process called "Show, Tell, Do". As the name implies, children learn what to expect during their first dental visit and are given information they can understand about simple dental procedures such as X-rays and teeth cleaning, prior to the procedures being performed. The children are shown the actual dental instruments the dentist or hygienist will use and they receive an explanation about the function of each tool. The children are also allowed to touch and operate many of the instruments to establish greater familiarity.

"The most important objective of this process," says Dr. Snyder, "is to explain the process at a child's pace. If a child begins to react negatively during the first appointment, the best course of action is to reschedule another session, providing there are no existing dental problems which require immediate treatments."

GET AN EARLY START

Visiting the dentist at an early age before problems develop is important for several reasons other than the one mentioned above.

A child's primary teeth are essential for healthy physical development and should receive as much attention as the later developing permanent teeth. Primary teeth directly aid the digestive process through the chewing of food, which indirectly aids the child's growth and development. In addition, the primary teeth give shape and form to the child's face, contribute to the development of speech, and provide the space necessary for the development of the permanent teeth.

Early dental visits, resulting in positive experiences, will not only ensure the child maintains healthy teeth and gums, it will also help the child establish a good pattern of preventive care that will last a lifetime.

Kids' Workshops Remember Mom

Children can create a memorable gift for a mother, a grandmother, or a special someone. Portland Parks and Recreation offers a variety of workshops that will help them do the job.

Mother's Day Plaster Planter. Matt Dishman Community Center, 77 NE Knott.

May 7, 10:30 - 11:15 a.m.; ages 3-5. Paint and decorate an attractive planter and plant a leafy green plant in it. Parents welcome. The fee is \$1.50.

Mother's Day Pot-Holder Hangers. Matt Dishman Community Center, 77 NE Knott. May 8, 4 - 4:45 p.m.; grades K - 8. Paint and decorate a wall plaque that mom can hang pot holders on. The fee is \$1.

Mother's Day Workshop. Hillside Community Center, 653 NW Culpepper. May 8, 3:30 - 5 p.m.; ages 5 - 9. Make and extra-special card and gift. The fee is \$4.

Mother's Day Gift Workshop. Fulton Park Community Center, 68 SW Miles. May 4, 1 - 2 p.m. for ages 3 - 5, \$4 fee; May 8, 4:15 - 5:15 p.m. for ages 6 - 10, \$5 fee. Use mom's favorite colors to decorate a twig wreath with baby's breath, dried flowers, ribbons and bows.

Make A Mother's Day Gift. Mt. Scott Community Center, 5530 SE 72nd. May 8, 3:45 - 4:30 p.m.; grades 1 - 8. Paint a plaster pot-holder hanging for Mother's Day. The fee is \$1.

Mother's Day Craft. Bridlemile Community School, 4300 SW 47th. May 5, 2 - 2:40 p.m. for ages 3 - 5, 2:50 - 3:30 for grades K - 2. Complete a special gift project and card for mom. The fee for each workshop is \$2 plus \$2 for materials. Preregistration is required.

Calendar Event

Christ Memorial Church of God in Christ

Christ Memorial Church of God in Christ Clothes Closet will officially open April 13, 1987—free clothing will be provided for needy individuals. Men, women, boys, and girls may come to 1552 N. Killingsworth, Portland, OR 97217 on Mondays and Wednesdays, 10:00 a.m. - 2:00 p.m. Clothing donations will also be accepted. Please call (503) 286-9624 on the days indicated for donated items. Thank You.

Parent Volunteers Sought For ARC Pilot Parent Program

Parents of children with developmental disabilities are needed as volunteers for the Pilot Parent Program of the Association of Retarded Citizens (ARC) of Clackamas, Multnomah and Washington counties. Pilot Parents provide support and information on a one-to-one basis to new parents of children with disabilities.

A four-week training program will be held on Thursday evenings, April 2-23, at Holladay Park Hospital, 1222 NE 2nd, Portland. For more information, contact Myra Classen, Family Services Coordinator, ARC of Multnomah County, 223-7279.

Happy Easter!

FROM YOUR FRIENDS AT SAFEWAY



Fresh Natural Turkeys

Manor House, Grade A

79¢ Lb.

10-13 Lb. Hens or 16-23 Lb. Toms.



Whole Boneless Hams

Smok A Roma, 5 to 7 Lbs. Fully cooked, guaranteed to please!

\$1.29 Lb.



Yuban 3-Pound Coffee

Choose from Drip or Regular Grinds. 100% Columbian beans.

\$5.99



2-Pound Cheddar Cheese

Lucerne Medium Cheddar. Makes great sandwiches!

\$3.39



2-Liter Bottle Coke

Your choice of assorted Coke products! Plus Dep.

3 For \$4



Fresh Tender Asparagus

Fresh from California's famous fertile fields!

69¢ Lb.

Look for our 12-Pg. Shopping Guide in 'This Week' for more Easter values!

Prices Effective 4/15 thru 4/21/87 at Safeway.

