



HOW TO HELP

A NERVOUS CHILD

PREPARE FOR THE DENTIST

**SIMPLE WAYS TO HELP YOUR CHILD FEEL
SAFE BEFORE THEIR VISIT.**



Dental Anxiety Is Common

Many children feel nervous before going to the dentist.

That's normal.

At The Tooth Shop, we work with anxious, shy, sensory-sensitive, and overwhelmed children every day.

Our goal is never to force.

It's to build trust.



The Tooth Shop™

Your Energy Matters Most

Children often take emotional cues from their parents. If you seem calm and confident, your child is more likely to feel that way too.

Try to:

- Stay relaxed and upbeat
- Speak positively about the visit
- Avoid making the appointment sound scary or serious

Avoid saying:

- "It won't hurt."
- "Don't be scared."
- "If you behave..."

Those phrases can accidentally increase anxiety.



What To Say Instead

Keep things simple, positive, and honest.

Try phrases like:

- “The dentist helps keep teeth healthy and strong.”
- “They’re going to count and clean your teeth.”
- “Dr. Perkins is really nice and helps kids every day.”
- “You can ask questions anytime.”

Confidence is contagious.



Practice Before the Visit

Kids feel safer when things feel familiar. A little pretend play can go a long way.

Try:

- Counting teeth together
- Practicing opening wide in the mirror
- Letting your child “play dentist”
- Reading books or watching positive dental videos for kids

Keep it playful. Not pressured.



Bring Comfort Items

Small comforts can help children feel more secure.

Consider bringing:

- Favorite stuffed animal
- Blanket
- Headphones
- Small toy or fidget
- Comfort item from home

Familiar things help nervous kids regulate emotions.



Timing Matters

Try to schedule appointments when your child is usually at their best.

Helpful tips:

- Avoid nap times
- Avoid rushing beforehand
- Give yourself extra time
- Arrive early so your child can settle in

A calm arrival changes everything.



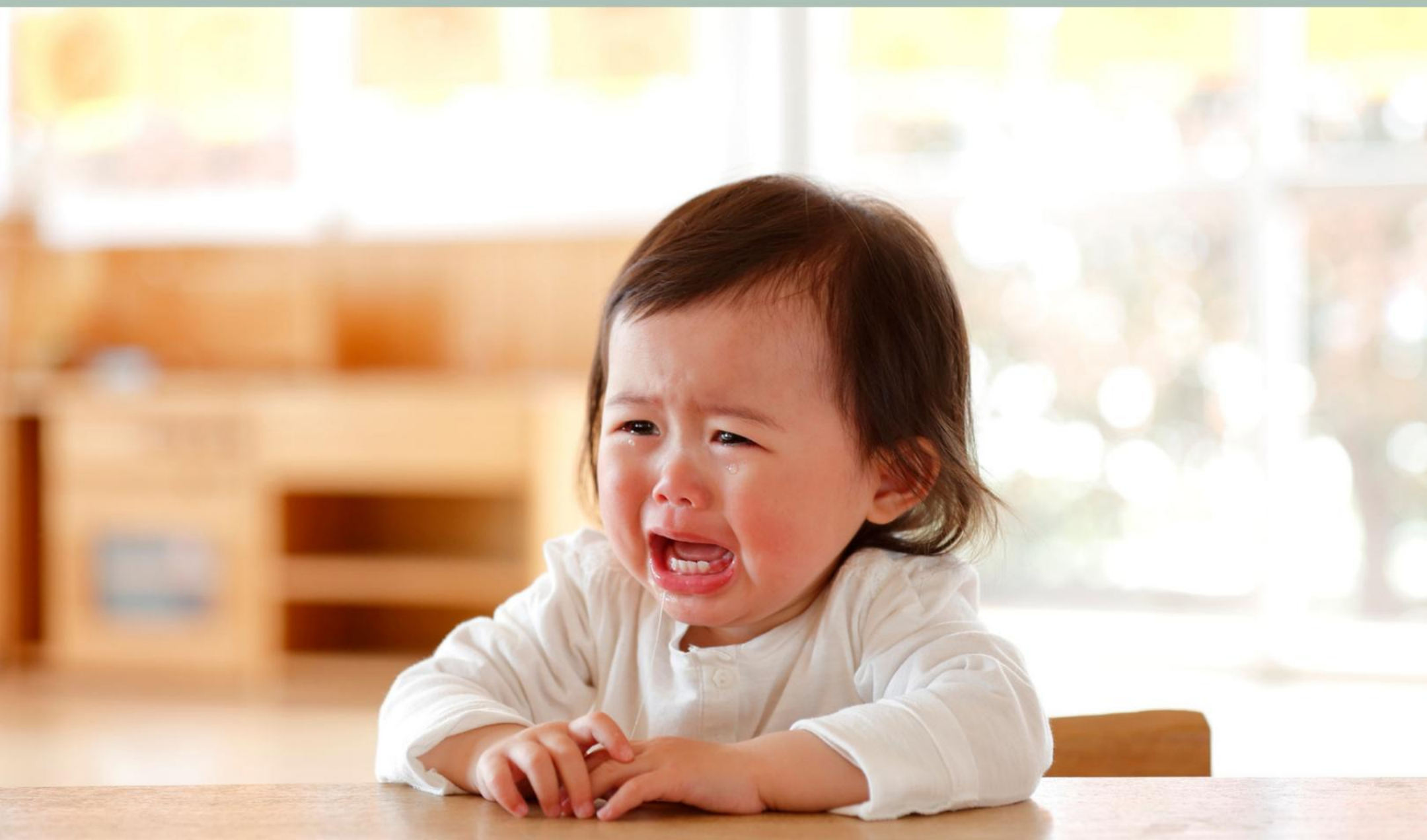
What Happens If My Child Gets Upset?

That's okay. Seriously.

Crying, hesitation, clinginess, or nervousness are all common.

We never expect perfection. Our team moves at your child's pace and focuses on creating positive experiences over time.

Progress builds confidence.



A Different Kind of Dental Experience

At The Tooth Shop, we focus on helping children feel:

- Safe
- Heard
- Comfortable
- Encouraged
- Never judged

We're here to make dental visits easier for both kids and parents.



For Extra Nervous Kids

Some children need additional support.

We regularly work with:

- Sensory-sensitive children
- Children with previous negative experiences
- Highly anxious kids
- Children who struggle sitting still

When appropriate, we also offer safe sedation options to help children feel more comfortable during treatment.

Every child deserves compassionate care.



The Tooth ShopTM

Why Parents Choose The Tooth Shop

Families come to us for more than clean teeth.

They come for:

- A judgment-free experience
- A team that truly connects with kids
- Honest, clear communication
- Long-term support for their child's health

We're here to make dental visits feel easier for both kids and parents.



Meet Dr. Perkins

Dr. Jaron Beau Perkins, DMD, is a Pediatric Dental Specialist focused on creating a calm, positive experience for children and families. He earned his degree in Exercise and Wellness from Arizona State University, attended Case Western Reserve University School of Dental Medicine, and completed his pediatric dental residency at Rainbow Babies & Children's Hospital in Cleveland, Ohio. Over the past 13 years, Dr. Perkins has practiced in rural and underserved communities in Pennsylvania and Prescott, AZ, treating complex pediatric cases and severe decay. These experiences shaped his compassionate, creative approach to care. He is a member of the AAPD and AAFE.



The Tooth Shop™



"My goal is to help every child feel safe, understood, and confident at the dentist while building healthy habits that last a lifetime."

Jaron Perkins, DMD

Ready for a Better First Dental Visit?



The Tooth
ShopTM

We'd love to meet your family.

Schedule your child's
appointment today.

(480) 427-0531

Book Appointment

- ✓ Kid-friendly environment
- ✓ Experienced with anxious children
- ✓ Judgment-free care
- ✓ Focused on long-term health
- ✓ Serving families in Gilbert, AZ