

PATIENT INFORMATION · CHILDREN'S DENTISTRY

Children's dentistry

Friendly first visits, check-ups and care for growing teeth.

What is it?

Children's dentistry includes first visits, check-ups, cleans, fissure protection and fillings for young teeth. Short, friendly appointments help children feel at ease. Baby teeth matter: they hold space for adult teeth and help children eat and talk.

Who it may help

- ✓ Children from their first tooth to their teens
- ✓ Parents and carers preparing a child for a first visit
- ✓ Children who are eligible for the Child Dental Benefits Schedule (CDBS)

Suitability depends on your individual situation and is confirmed after an examination.

A first visit, step by step



- 1 A relaxed first visit: we count your child's teeth with a little mirror.



- 2 We practise brushing together.



- 3 A fissure sealant may be recommended to help protect the grooves of back teeth.



- 4 Fluoride varnish may be painted on to help strengthen the enamel.

Simplified illustration, not to scale. Your own treatment may differ.

What to expect

- 1 **Talk about it positively.** Read a story or watch a video about visiting the dentist. Avoid words like "hurt" or "needle".
- 2 **Book a morning visit.** Children are often happier and less tired earlier in the day.
- 3 **A ride in the chair.** We count teeth, show the tools and keep things gentle.
- 4 **Protecting teeth.** A fissure sealant or fluoride may be recommended to help protect the teeth.

Healthy habits at home

- ✓ **Brush twice a day:** for about two minutes with fluoride toothpaste; a pea-sized amount from 18 months
- ✓ **Spit, don't rinse:** so the fluoride keeps working
- ✓ **Choose water.** Perth tap water also contains a little fluoride
- ✓ **Snacks:** keep sweet treats to mealtimes; choose fruit, cheese or vegetables between meals
- ✓ **Check-ups:** every six months, or as advised

General guidance only. Always follow the specific instructions your dentist gives you.

Costs & health funds

Fees are confirmed after an examination, with a written estimate for planned treatment. We can claim on the spot with Tyro for any health fund.

Child Dental Benefits Schedule (CDBS): eligibility is set by Medicare, and Services Australia writes to you if your child is eligible. CDBS covers basic services such as check-ups, X-rays, cleans, fissure sealants and fillings, but not orthodontics or cosmetic work. We check eligibility and remaining balance before treatment and lodge claims through Tyro Health. Bring your child's Medicare card.

Questions to ask your dentist

- ? When should my child have their first visit?
- ? How can I help my child feel relaxed about visits?
- ? Would fissure sealants or fluoride help my child?
- ? Is my child brushing well enough?
- ? Is my child eligible for CDBS, and what does it cover?

Before your child's visit

- ✓ Your child's Medicare card (for the Child Dental Benefits Schedule, if eligible) and your health fund card
- ✓ A list of any medicines your child takes
- ✓ A favourite toy or comfort item for little ones
- ✓ A parent or legal guardian should come to the appointment and complete the forms
- ✓ Arrive about 10 minutes early so your child can settle in
- ✓ A normal meal or snack beforehand is fine

General guidance only. Always follow your dentist's specific instructions.

If your child has a dental problem

- Knocked-out baby tooth: don't put it back; keep the tooth, apply gentle pressure with gauze if bleeding, and call us
- Toothache, a broken tooth, or swelling
- After hours, children under 16 can be seen by the Perth Children's Hospital dental emergency service, via the emergency department

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