

To: Head Start Parents or Guardians
From: Head Start Staff

Reminder about dental exams to be done in your child's center

A dentist with the Southeast Regional Health Department will be

visiting the _____ center on _____ to
(Name of Center) (Date of Visit)

perform a dental exam on your child. He will bring equipment to do an exam, which means he will be looking in your child's mouth with the aid of a special light to determine if your child needs any dental treatment at the present time. We will send a note home letting you know the results of the exam.

Please make sure your child attends class that day, if at all possible. If he or she is absent, we will work with you to make a plan to have a dental exam done as soon as possible.

Here are some suggestions to help you prepare your child for the dental exam:

- Talk positively, not negatively about the dentist. Don't tell your child about "bad experiences" you may have had with a dentist in the past.
- Let your child know the dentist is a friend
- Let your child know it is important to see a dentist regularly to help prevent problems with the teeth
- Have your child practice opening his or her mouth wide. This is what the dentist will need for your child to do in order for him to see all the child's teeth