

Managing Dental Fear and Anxiety in Children

A guide for parents on how Cool Mountain Kids Pediatric Dentistry helps anxious children feel comfortable during dental visits.

Based on [Fearfulanxious Patients.Html](#) by Cool Mountain Kids Pediatric Dentistry

Step 1: Acknowledge and Validate

Understand that dental fear and anxiety in children are common and valid. The practice is equipped to help ease these feelings.



Step 2: Explore Sedation Options

Learn about the different methods available to help your child relax during their appointment.

- Nitrous Oxide ('Laughing Gas')
- Conscious Sedation Dentistry
- General Anesthesia Dentistry



Step 3: Discuss with Your Dentist

Talk to the dental team about your child's specific fears and which sedation method might be most appropriate.



Step 4: Prepare Your Child

Gently explain the upcoming visit, focusing on positive aspects and reassurance.



Step 5: Attend the Appointment

Bring your child to the scheduled appointment, ready to work with the dental team.



Step 6: Post-Appointment Care

Follow any post-procedure instructions provided by the dental team.

Resources & Further Reading

Related guides for this process:

■ Managing Dental Fear and Anxiety in Children (Action Sheet)

<https://storage.googleapis.com/pediatric-dentistry-checklists-20260707-8878a5/pediatric-dentistry/Action%20Sheet/fearfulanxious-patients-html-action-sheet.pdf>

■ Child Dental Anxiety Checklist

<https://storage.googleapis.com/pediatric-dentistry-checklists-20260707-a10c96/pediatric-dentistry/Checklist/child-dental-anxiety-checklist.pdf>

Cool Mountain Kids Pediatric Dentistry | 6160 Tutt Blvd #140, Colorado Springs, CO 80923
(719) 550-1010 | www.coolmountainkids.com
Cool Mountain Kids Pediatric Dentistry offers solutions to make dental visits stress-free for anxious children.