



POPPY KIDS PEDIATRIC DENTISTRY • NOVATO, CA

Your child's first visit

A few small things make the first visit smoother, and most of them happen at home. Stick this on the fridge and check them off together.

Our visit is on: _____

We're most excited to: _____

☐ **Talk about it as something fun**

Counting teeth, riding in the chair. Skip words like “hurt,” “shot,” or “drill,” even reassuringly — they plant worries.

☐ **Practice at home**

Picture books and pretend dentist visits help younger children know what to expect.

☐ **Pick a rested, fed time of day**

Mid-morning usually works best. We're open Monday–Thursday, 8:30am–5pm.

☐ **Pack a comfort item**

A favorite toy or book helps a new place feel familiar.

☐ **Bring your questions**

Dr. Andrea sets aside time to talk through anything on your mind.

☒ **Plan the reward**

A toy from the treasure basket is waiting at the end.

Already checked off — this one's on us.

First visit under age 3 is **free** — the AAPD recommends a first dental visit by your child's first birthday.

Poppy Kids Pediatric Dentistry • 450 Ignacio Blvd, Novato, CA 94949 • (415) 408-5775

Book online: dental4.me/poppykids/1 • poppykidsdental.com/first-visit