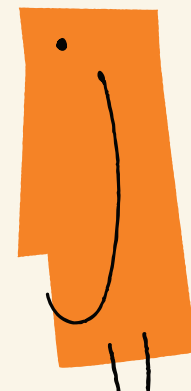
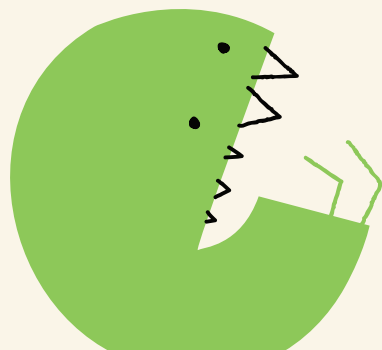
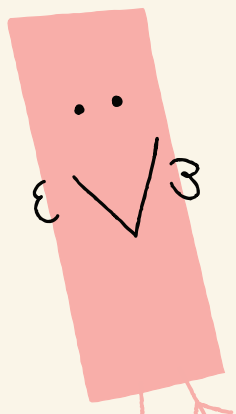
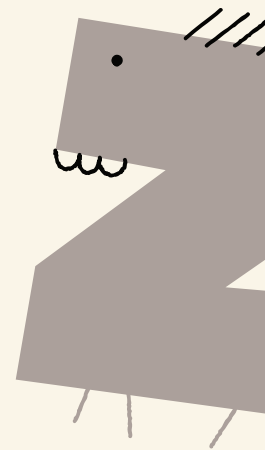
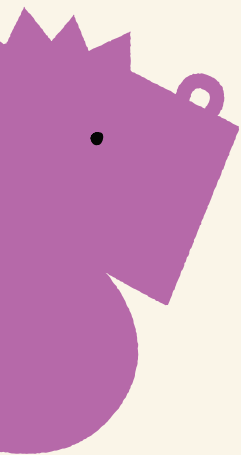
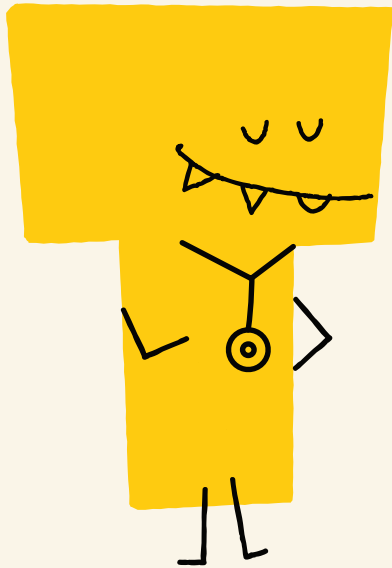


THE ULTIMATE TOOL TO PREPARE YOUR CHILD FOR THEIR
FIRST DENTAL VISIT





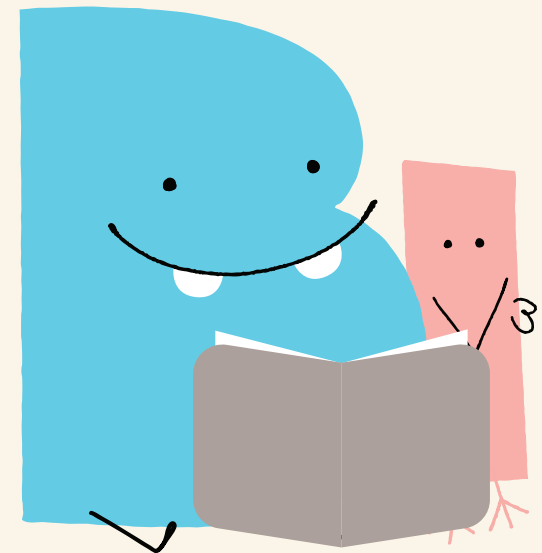
Like a lot of parents, you might be worried about your child's first visit to the dentist. The key to helping things run smoothly is getting your kiddo prepared. When kids are afraid of the dentist, much of it comes from not knowing what to expect.

As pediatric dentists, something we've found to be really helpful is reading kids stories about going to the dentist beforehand to introduce them to the tooth doctor and ease worries by describing exactly what will happen. The challenge is finding great books that don't use words like "drill" and keep things positive and light. So, to make it easier for you, we've created one! The Bitesize characters will rely on the letters in our name to walk your child through the process using kid-friendly terms.

Sit down with your little one and read *Going to the Bitesize Dentist* a few times in the days or week leading up to your appointment to really build familiarity. It will help them imagine the experience (in a good way!) to show them there's nothing to be afraid of. Get into it, use funny voices or let your child take a turn reading it to you. After, talk about what you read and encourage them to ask questions.

If you need any help, we're always available to give you tips and encouragement, so don't hesitate to contact us!

Welcome to the world of Bitesize, where we make having a healthy smile fun!



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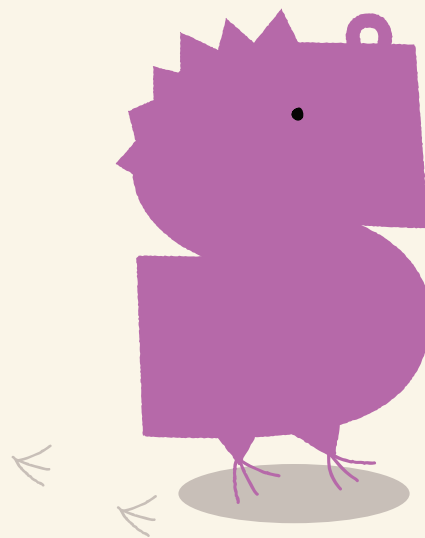
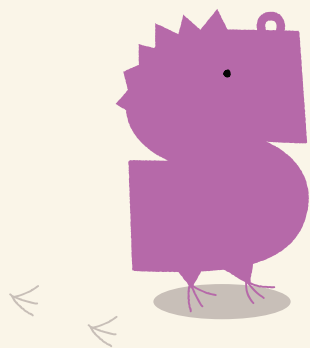
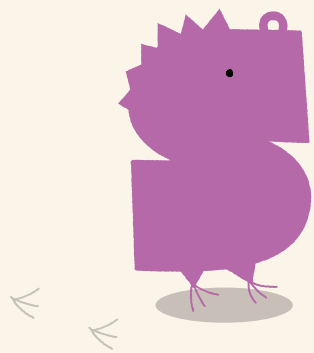
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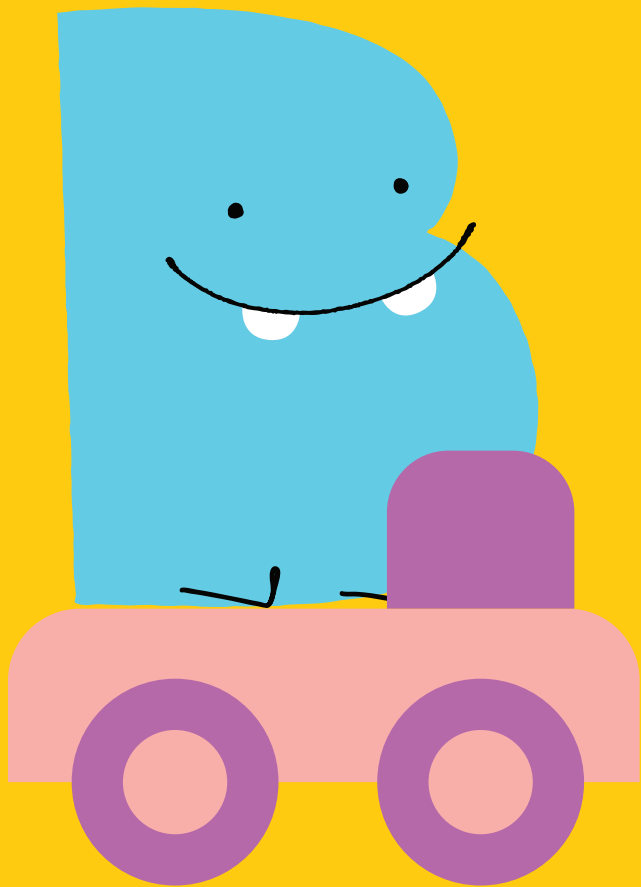
going to the



dentist

B IS FOR

books, blocks and balloons!



Bitesize is full of fun stuff. We have books, blocks and other toys, games and activities. We'll also give you a balloon when you visit us because balloons make everyone happy. It's like a tooth party here. After you check-in, you get to hang out, play and meet nice people who care about your smile. Of course, no party is complete without favors, so you won't leave empty-handed.

When it's your turn, one of our dental hygienists will call your name. A dental hygienist is a person who knows all about teeth and gums. They'll take you back to a special room where the smile magic happens. There's a big, comfy chair that you can stretch out in and lots of gadgets that we use like a huge overhead flashlight, a tiny little mirror, a sugar bug scraper and your own personal sink.

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I IS FOR images of your teeth.

Sometimes, we take images, which is a fancy way of saying pictures, of your mouth. These images are called x-rays. The x-ray machine is amazing and must have eaten a ton of carrots because it has superhero vision. It can see right through your teeth and gums to make sure they're healthy and show us if you have any cavities hiding between or inside your teeth.

Cavities are when sugar and food stick to your teeth and form sugar bugs. The sugar bugs can create holes and we don't like that. An x-ray lets us know right away if this is happening, so we can stop it. Don't worry. Having an x-ray taken doesn't feel like anything. The hygienist will put a blanket on you (it's basically a cape that goes on in the front) and snap the pics. We'll even show you the x-rays when we're done.



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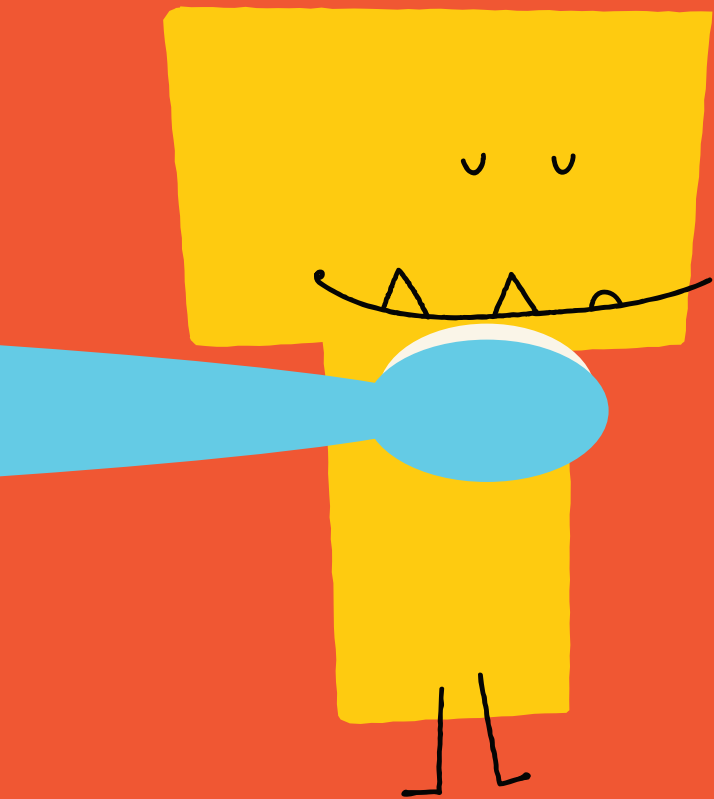
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T IS FOR toothbrush.



Another thing that dental hygienists do is use their fantastical skills to brush and floss your teeth. A big part of having a great smile is getting rid of the sugar bugs with your toothbrush and dental floss, so they don't harden, which is when Tartar the Terrible makes his appearance. Tartar can then lead to cavities and sore gums. Even though we know you brush twice a day on your own, the only way to get rid of Tartar the Terrible is with the super toothbrush at your dentist's office. So, every six months, you can relax in our big chair and your Bitesize hygienist will use our special toothbrush and a bit of tasty toothpaste to get your teeth so squeaky clean you won't believe it.

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E IS FOR **exam.**

A dentist is a doctor who takes care of your teeth and gums. They go to school for a really long time so they can learn how to give kids healthy, sparkling smiles. When your teeth are all clean, your Bitesize dentist will come in and look in your mouth. They'll make sure your teeth are growing big and strong and they'll count them, which is always fun because then you can find out how close you are to a visit from the Tooth Fairy. Your dentist will point out your teeth on your x-rays and talk about what they see. The dentists at Bitesize are really nice. If you're feeling scared, you can bring along a friend like your favorite stuffed animal or toy. Plus, mom, dad, grandma, grandpa or the grown-up you're with, can come in the room with you too. Don't be afraid to ask questions if you don't understand something because that's what your dentist is there for. By the time you're finished, you and your dentist will be buddies.




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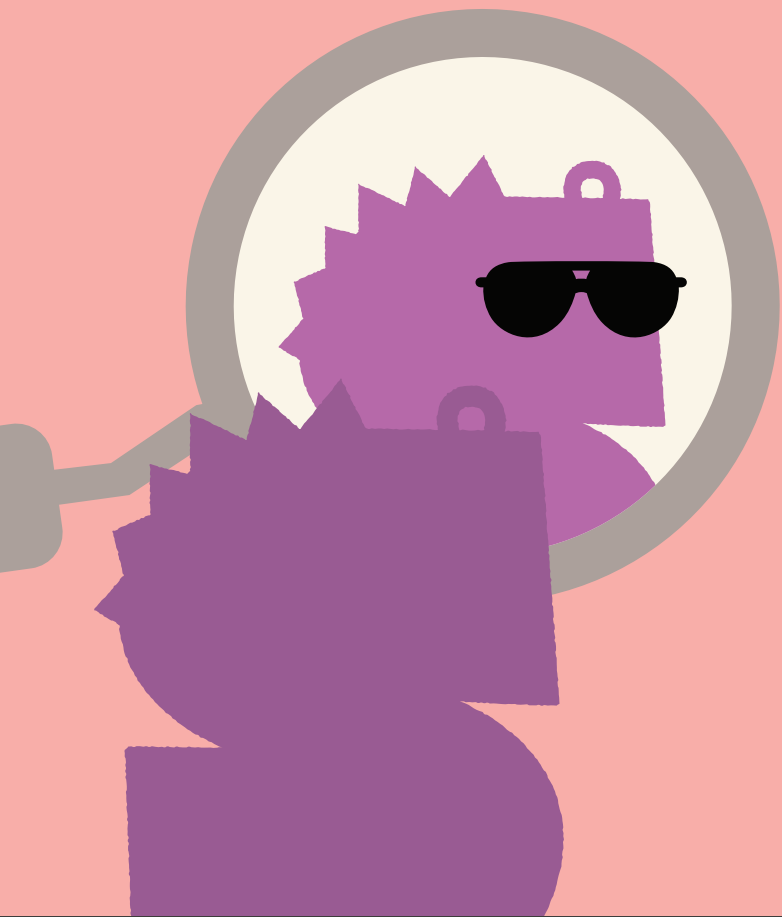
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S IS FOR super sugar bug fighters (and sunglasses).



Sometimes, to give your teeth a little extra help in keeping cavities away, your Bitesize dentist will recommend a quick treatment like dental sealants. Sealants are something that we paint on the back teeth, usually starting when you're in kindergarten or first grade. They're like a force field that protects your teeth and keeps little bits of food and germs from sticking in the nooks and crannies. Getting sealants doesn't hurt and it only takes a few minutes. They're really powerful and last for a long time, which is why we love them.

And, for another "S" word, we almost forgot, you'll also get cool sunglasses to wear, whether we're giving you sealants or not. They'll protect your eyes and we just think sunglasses are awesome and figured you might like them too.

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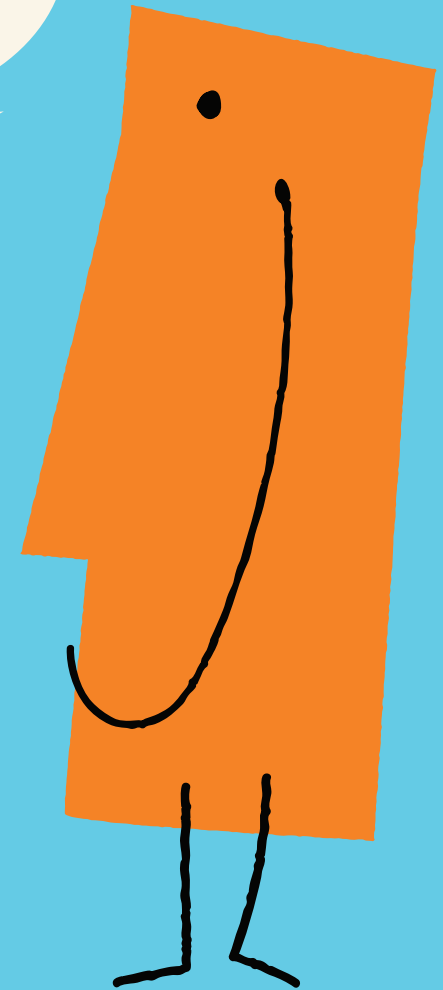
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I IS FOR ideas.



When your dentist is done looking at your teeth, they'll give you all sorts of good ideas for how to take care of your smile at home. You'll get a quick lesson on why it's important to brush and floss and some pointers on how to do it right, so you can be the best brusher and flosser on your block! If brushing and flossing aren't your favorite, they can also let you in on secrets for making it way more fun.



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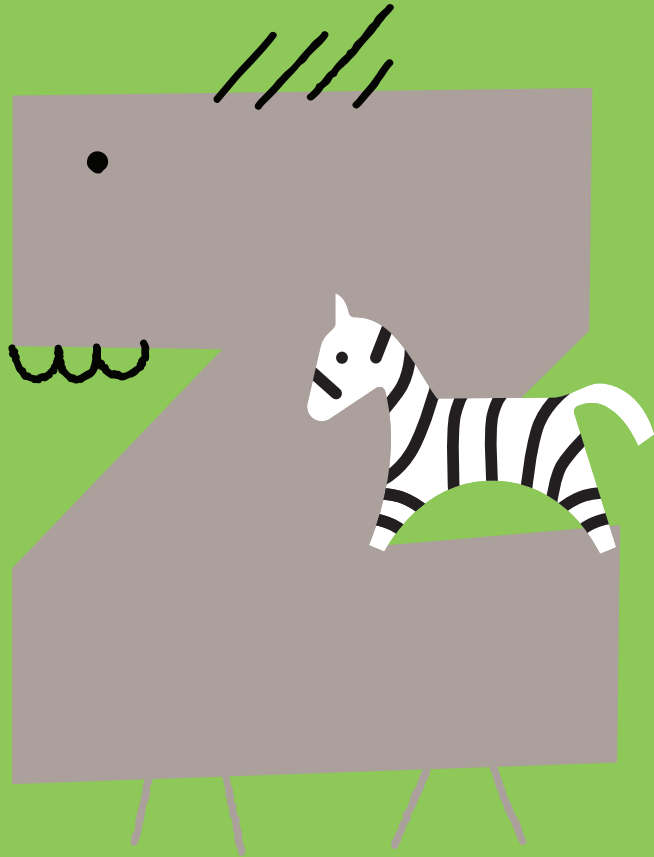
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Z IS FOR zebras!



Well, we don't have any actual zebras here but you never know what kind of prizes you'll get to choose from or what sorts of activities or books we'll have in our office. They could involve zebras. And is there anything better that starts with a "Z" than striped animals? If you know of something, tell us when you come visit!

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E IS FOR **excitement!**

Bitesize visits are exciting! You'll make new friends, learn about your teeth, get cool stuff like a balloon, sunglasses and a toothbrush and find out how to keep your smile healthy. You'll probably want to come back the very next day. You can if you want, but most of the kiddos visit us every six months (or twice a year). We know we'll be counting down the minutes until your next appointment!



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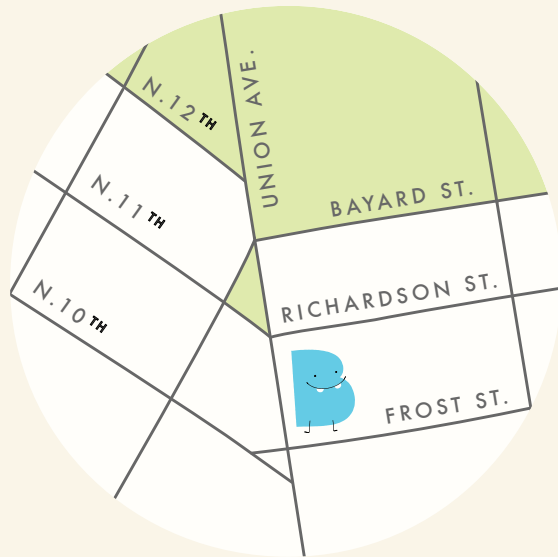
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thanks for joining us!

We hope you had a great time walking through a visit to the tooth doctor with the Bitesize gang! If you're looking for a fun, friendly pediatric dentist in Brooklyn, schedule an appointment with us. Every little one is unique, so we don't take a one-size-fits-all approach to kids' first visits. We'll let your child set the pace. By making the experience positive and educational, it helps build a strong foundation for lifelong oral health.

VISIT OUR WEBSITE: WEAREBITESIZE.COM



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