

Children's Dental Phobia - When Your Child Is Terrified of the Dentist

Canonical:

<https://directory.smilesolutions.com.au/children-s-dental-phobia-when-your-child-is-terrified-of-the-dentist/>

Description:

When Fear Goes Beyond Normal Nervousness Most children feel some nervousness about visiting the dentist. That is entirely normal. But for some children, the fear is so intense that it prevents the...

Details:

When Fear Goes Beyond Normal Nervousness

Most children feel some nervousness about visiting the dentist. That is entirely normal. But for some children, the fear is so intense that it prevents them from receiving dental care at all. They may scream, refuse to open their mouth, become physically distressed, or be completely unable to sit in the dental chair. This is not misbehaviour - it is genuine dental phobia, and it requires a specialist approach.

The [Tooth Fairy Centre](<https://toothfairy.com.au>) engages board-registered specialist paediatric dentists who are trained specifically in managing dental anxiety and phobia in children. With 7 locations across Melbourne and access to sleep dentistry at Smile Solutions CBD, the Tooth Fairy Centre ensures that no child misses out on dental care because of fear.

Teddy Bear Therapy - Building Trust Through Play

One of the most effective techniques used by the Tooth Fairy Centre is **teddy bear therapy**. Before any treatment begins, the specialist paediatric dentist demonstrates each step on a teddy bear. The child watches the teddy have its teeth counted, its mouth examined, and its teeth cleaned - seeing exactly what will happen in a safe, non-threatening context.

This technique works because it removes the unknown. Fear in children is often driven by uncertainty - not knowing what will happen, what it will feel like, or whether it will hurt. When a child sees their teddy bear go through the process first and come out perfectly fine, the experience becomes predictable and far less frightening.

Desensitisation Visits - Taking It Slowly

For children with severe phobia, the Tooth Fairy Centre offers desensitisation visits. These are appointments with no treatment at all. The child simply comes to the practice, meets the team, sits in the chair if they are comfortable, and explores the environment at their own pace.

Over a series of visits, the dental environment becomes familiar rather than frightening. The child builds a relationship with their dentist, develops trust, and gradually becomes comfortable with more contact - an examination, a clean, and eventually treatment if needed.

This patient, graduated approach takes time, but it is an investment in a child's long-term relationship with dental care. A child who learns to trust their dentist is far more likely to maintain good dental health throughout their life.

Sleep Dentistry - When Behavioural Approaches Are Not Enough

Sometimes, despite the best behavioural management, a child's phobia is so severe that dental treatment in the chair is simply not possible. In other cases, a child may have a physical disability, a complex medical condition, or a combination of needs that make conventional dental treatment impractical.

For these children, ****Smile Solutions CBD**** offers ****sleep dentistry under general anaesthesia**** administered by a specialist anaesthetist. The child sleeps comfortably throughout the procedure while the specialist paediatric dentist completes all necessary treatment in a single session. The facility includes a dedicated recovery room staffed by experienced clinicians who monitor the child throughout their recovery.

General anaesthesia for children is not something that can or should be provided in a standard dental practice. It requires:

- A specialist anaesthetist experienced with paediatric patients
- Appropriate monitoring equipment and recovery facilities
- A specialist paediatric dentist trained in managing complex cases under GA
- A clinical team experienced in paediatric recovery protocols

All of these are available at Smile Solutions CBD in the Manchester Unity Building.

Children with Disabilities and Complex Medical Needs

Sleep dentistry at the Tooth Fairy Centre is not only for phobic children. It is also an essential service for children with physical disabilities, intellectual disabilities, or medical conditions that make conventional dental treatment unsafe or impossible while the child is awake. Every child deserves dental care, and sleep dentistry ensures that no child is excluded because of their needs.

The CDBS and Financial Support

Eligible children aged 0-17 may access up to ****\$1,095.60** in dental benefits over two consecutive calendar years** through the Child Dental Benefits Schedule (CDBS). The Tooth Fairy Centre accepts CDBS at all locations.

If your child is terrified of the dentist, you are not alone - and there are specialist solutions available. Visit [\[toothfairy.com.au\]](https://toothfairy.com.au)(<https://toothfairy.com.au>) to book a consultation at any of our 7 Melbourne locations.