

## Universidad Santo Tomás

**Program:** Dentistry

**Class:** Pediatric Dentistry

### READING EXERCISE

**Content aim:**

Students will be able to argue why the child's first dental visit should be at an early age.

**Language aim:**

Students will be able to identify words related to pediatric dentistry by reading the paper.

**Instructions:** complete this worksheet having in mind the directions given in class. Remember to write your names and send it to [marthajuro@ustabuca.edu.co](mailto:marthajuro@ustabuca.edu.co) after your finish.

Names:

1. Watch the following video

Given the information in the video, answer the questions below:

**Select the correct answer and write the letter in the box:**

During the child's first visit to the dentist, you will expect that the dentist:

- a. Checks for cavities in each one of the twenty teeth the child has
- b. Gives the child a present
- c. Checks for growth and development
- d. Makes a resin procedure

**Fill in the blank**

It is advised to schedule the appointment for the child in the \_\_\_\_\_.

Children should have the first dental visit after the first \_\_\_\_\_ appears or before the \_\_\_\_\_ birthday.

**Select the correct answer and write the letter in the box:**

It is important to remember not to give the child a heavy meal before the dental visit.

- A. Yes
- B. No

2. Read the text “The child’s first dental visit” by S. Poulsen.

*“In Scandinavia, the goals of the child’s first dental visit are conceived as being behavioural, preventive, diagnostic, and therapeutic.*

*Early exposure to and familiarization of the child with the dental environment are seen as important measures in reducing dental anxiety in young children. The child’s first dental visit is also an important occasion for the parent to address his or her own anxiety and fear of dental care, which in turn may reflect on the child. Clarification of the parents’ role in supporting the child emotionally before, during and after future dental visits is another important goal.*

*Preventive goals include improvement of the child’s oral hygiene, correction of improper dietary and eating habits, improved knowledge of the role of non-nutritive sucking for the development of malocclusions, improved knowledge of the risks for traumatic injuries, including where, when and how to seek emergency care.*

*A careful dental examination is not possible in very young children, but an inspection of the teeth and gingivae is often possible as early as one year of age and has been advocated by a recent Nordic consensus conference [1]. One purpose is to identify children with thick plaque accumulation, which has been shown to be a risk factor for caries in young children [2]. An early first dental visit makes it possible for interceptive interventions aimed at arresting the progression of caries lesions [3].*

**Age when the first dental visit should take place**

*In order to attain the behavioural and preventive goals outlined above, it is advantageous if the child’s first dental visit takes place before any acute treatment need has to be addressed. A longitudinal Scandinavian study has shown that the prevalence of caries (initial lesions included) at the age of one year was close to zero but increased to 8% at the age of two [4]. The fast progression of initial lesions diagnosed at the age of 2.5 years [5] indicates the need for early intervention aimed at arresting the lesions. Based on these data, the child’s first visit is often recommended to take place around the age of one.”*

*Taken from: Poulsen S. The child’s first dental visit. Int J Paediatr Dent 2003; 13: 264 - 265.*

3. Match the terms in Column A (words with the color blue in the text) with the given definition in Column B. Write the correct letter in the box.

**Column A**

- Behavioural
- Address
- Acute
- Anxiety
- Arrested
- Non-nutritive sucking
- Fear
- Thick

**Column B**

- A. To give attention to or deal with a matter of problem
- B. An abnormal and overwhelming sense of apprehension.
- C. Action that gives comfort to someone, usually related to babies.
- D. The way in which someone conducts.
- E. An unpleasant strong emotion caused by anticipation of danger.
- F. Not flowing easily.
- G. To stop or interrupt the development of something.
- H. Very serious, extreme or severe.

4. Make a sentence with each word:

Behavioural

Address

Acute

Anxiety

Arrested

Non-nutritive sucking

Fear

Thick

5. Read the text, find and write four words related to dentistry:

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- 
- 
- 
- 

6. Write a short text message (30 words) where you recommend a mother the time it is desirable to have her son's first dental visit. Send this short text to [marthajuro@ustabuca.edu.co](mailto:marthajuro@ustabuca.edu.co)

Take into account:

- Why the child's first dental visit should be at an early age?
- What should be that age?
- What are the benefits to do so?

