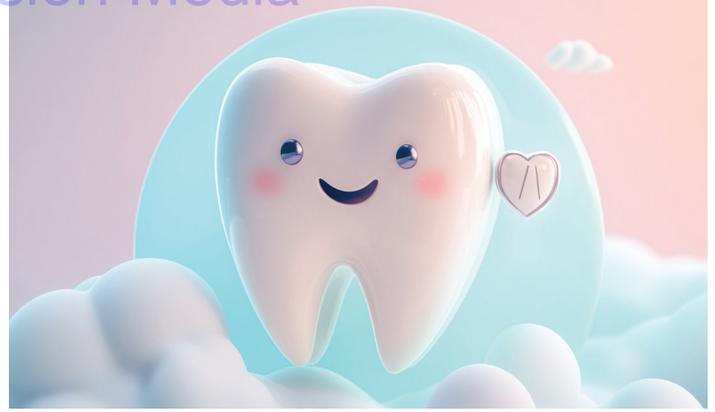




Gentle Dental Care for Children with Autism

By Dr. Julia Richman DDS, Dino Kids Dentistry



At Dino Kid's Dentistry, we understand that every child is unique — and that includes children on the autism spectrum. Dental care can sometimes be challenging for children with autism because of sensory sensitivities, communication differences, or anxiety about new experiences. Our team takes pride in providing compassionate, individualized care for children with autism and their families, helping each visit feel calm, safe, and successful.

Why Dental Care Matters

Good dental health is important for every child. For children with autism, taking care of their teeth is just as essential — not only to prevent cavities and gum problems, but also to support overall comfort and well-being.

Tooth pain or infection can make it hard for a child to eat, sleep, or concentrate in school. Since children with autism may have a harder time communicating discomfort, it's especially important to stay ahead of potential problems with regular dental care and daily brushing at home.

Finding a dental office that understands and accommodates your child's needs makes all the difference — and that's exactly what we aim to provide.

Common Challenges

Sensory Sensitivities:

Bright lights, new smells, strange tastes, and the sounds of dental tools can feel overwhelming to children who are sensitive to sensory input.

Communication Differences:

Some children may not be able to easily express fear, pain, or discomfort during a dental visit, which can make it harder for the dental team to know what they're feeling.

Change and Routine:

Many children with autism prefer routines and predictability. A dental appointment introduces something unfamiliar, which can be stressful.

Short Attention Spans:

Sitting still for dental care can be tough. Some children may need shorter visits, modified treatment, or, in some cases, care under general anesthesia for longer procedures.

Helping Make Dental Care Easier

Start Early:

Introduce brushing and dental visits early in life. Use a soft-bristled toothbrush and a small smear of fluoridated toothpaste twice a day. If your child enjoys certain foods like crackers, fruit snacks, applesauce, or sweetened yogurt, brushing two to three times a day can help prevent cavities.

Dental visits can be stressful for kids AND parents.



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At Dino Kids Dentistry, we focus on family-oriented care in a warm, friendly and comfortable setting.

Our experienced team here at Dino Kid's Dentistry will happily assist your child in achieving a healthier smile. We provide a range of common pediatric treatments for children of all ages, including age 1 dental visits at the first birthday.

Baby Tooth Crowns
Teledentistry

Digital X-Rays
First Dental Visits
General Anesthesia

Nitrous Oxide
Oral Surgery
Silver Diamine Fluoride
White Dental Fillings



Dino Kid's
DENTISTRY

253-220-7345

www.dinokidsdentistry.com

Use Visual Supports:

Social stories, videos, or picture schedules can help your child know what to expect at the dentist. Review them together in the days before the appointment to build comfort and confidence.

Create a Sensory-Friendly Experience:

Many pediatric dental offices (including Dino Kid’s Dentistry!) offer quiet, enclosed rooms and sensory-friendly adjustments like dimmer lights, blankets, or fidget toys. When you schedule, let the team know about your child’s preferences or triggers — this helps us tailor the visit for success.

Clear and Calm Communication:

Pediatric dentists are trained to use short, simple, and reassuring language, along with visual cues and gentle pacing. Some children do best in a pediatric setting where the staff is used to adapting to different communication styles.

Gradual Exposure:

Practice makes progress! Short “happy visits” with no treatment can help your child get used to the sights and sounds of the office. Starting dental visits at a young age helps children feel more comfortable over time.

Positive Reinforcement:

Praise, rewards, and gentle encouragement go a long way. We love celebrating each small success, whether it’s sitting in the chair, opening wide, or finishing the visit calmly.

Parent and Caregiver Partnership:

You know your child best. Share what helps soothe or motivate them — favorite songs, calming objects, or words they respond to. Together, we can make each visit a positive experience.

Encouragement for Parents

Dental care for children with autism is truly a team effort — and progress may take time. Some appointments may be challenging, and that’s okay. With patience, preparation, and a supportive dental team, most children grow more comfortable and confident with each visit.

At Dino Kid’s Dentistry, we’re honored to care for children with autism. We celebrate every step forward, no matter how small, and we’re here to support your family every step of the way.



REMEMBER THE BOMB CYCLONE?

Last November was a doozy of a storm. While “bomb cyclone” winds are rare, high winds are an expected part of fall and winter. It’s time to prepare for the inevitable - falling trees, power failures, and snow. Don’t wait. Get prepared now! Visit us in-store to speak with one of our experts or to get your equipment serviced ahead of time.

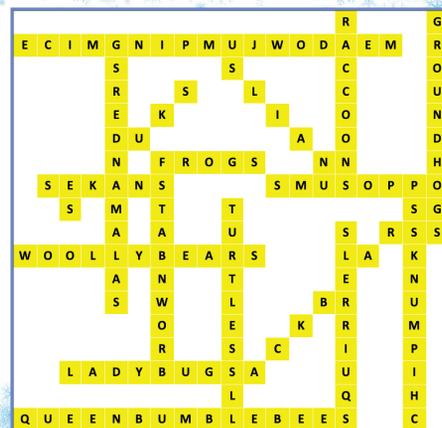


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