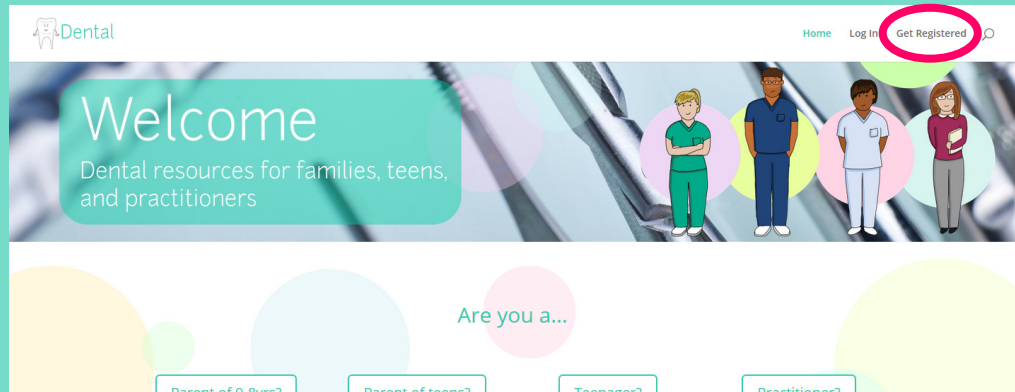


# LIVING LIFE TO THE FULL DENTAL RESOURCES FOR YOUNG PEOPLE, PARENTS AND DENTISTS

## HOW TO GET STARTED

1

Go to: [www.llttf.com/dental](http://www.llttf.com/dental), and click the 'Register' button



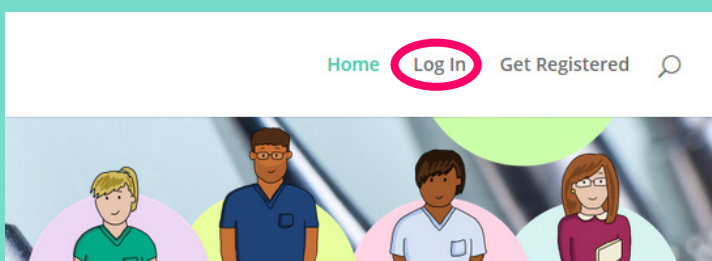
2

On the registration page enter your details. Keep a note of the email and password you enter as you will need this next time you login.

3

Once you have entered all your details. Click the 'Submit Registration' button.

Next time you visit the site, login with the email address and password you set up during registration.



### Error Reporting

Problems Logging in? Please email

[support@fiveareas.com](mailto:support@fiveareas.com)

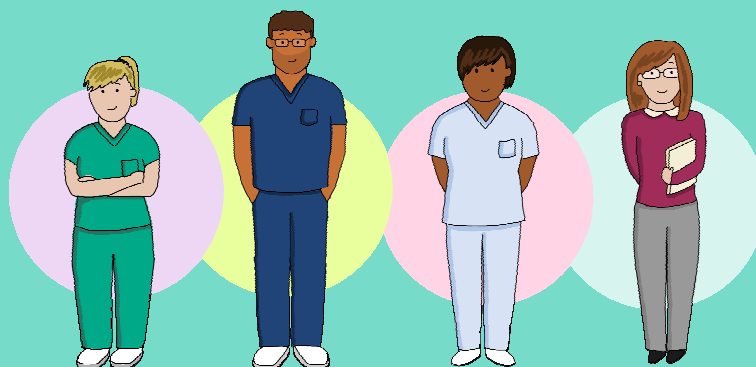
- A screen shot of your problem or error message
- The email address you registered with
- The code you are using or have been provided
- What action you expected and what actually happened

Our Dental Anxiety courses aim to help families, teens and practitioners to unpack and dispel myths and preconceptions of all things dental and help by offering advice and tips for how to navigate your dental appointments.

There are four courses aimed at teenagers, parents or dental practitioners. One logged in, go to the courses tab and choose the course and age range you need:

- For parents supporting children aged 0-8 years with dental anxiety
- For parents supporting their teenager with dental anxiety
- Teenager's course which has four modules:
  1. Your teeth you're in control – find out about dental anxiety and how some thoughts can make us feel worse
  2. The facts – some facts about what really happens at the dentist and things you can do that can help
  3. What tools do you have? – tools you can use to help you get through a visit and the treatment you need
  4. Make a plan – to build up your confidence for your next visit
- Practitioners course for dentists and practitioners supporting those with dental anxiety

There are accompanying online books for each of the online sessions and a range of course resources available such as worksheets to write a letter to the dentist, stickers for praise and how to make a plan for future visits to help you support your child to have a more positive experience at the dentists.



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