

# Behavioral Management Techniques Employed in Treating an Apprehensive 4 Years Old Child

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**ABSTRACT:** Behavior management is the means by which the dental health team effectively and efficiently performs dental

treatment. This can be used in both cooperative and uncooperative child. It is the procedure which slowly develops behavior by reinforcing a successive approximation.

**Key Words:** Behavior, non-pharmacological, desensitization

### INTRODUCTION

Behavior management is defined as the means by which the dental health team effectively and efficiently performs dental treatment and thereby instills a positive dental attitude.[1-2]

#### Non- Pharmacological Techniques

1. Communication: This can be used in both cooperative and uncooperative child

Types:

(a) Verbal by speech

- Using kind words
- With a friendly nature

(b) Non verbal

- Smiling face
- Eye contact
- Giving a Hug
- Touching the child

2. Behavior Shaping: It is the procedure which slowly develops behavior by reinforcing a successive approximation of the desired behavior until the desired behavior comes into being.[3]

Means:

(a) Desensitization

- Developed by Joseph Wolpe
- It is a procedure which teaches a child gradually desired behavior by introducing stimuli from less threatening objects to more threatening objects

(b) Modeling

- Introduced by Bandura
- It makes the patient to observe other child patient or model to develop the desired behavior
- The model should initiate the same situation

- Live models, if used, it should involve a person who has a greater impact on the child like siblings, parents etc. [4]

(c) Contingency management

- It modifies the child's behavior by introducing/withdrawing the reinforce

Types of Reinforcement:

- Positive- toys, patting back
- Negative- withdrawal of mother

3. Behavioral management:

(a) Audio Analgesia

- Use of mild, soft music in the dental clinic reduces child's anxiety

(b) Biofeedback

- This method uses various means of investigations like blood pressure that detect the level of anxiety

(c) Humor

- This relieves the anxiety of the child
- Simultaneously, transmits essential information. [5]

(d) Coping

- Measures like friendliness support and reassurance are used to master and reduce the stresses of patients.
- A child may totally accept the stressful conditions or may keep thinking about the procedure in his mind at the same time, he is calm.

### CONCLUSIONS

It is therefore concluded that the behavior management is the means by which the dental health team effectively and efficiently performs dental treatment. This can be used in both cooperative and uncooperative child. It is the procedure which slowly develops behavior

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