

My Visit to the Dentist

I will go to the dentist office today.

I will follow directions. I will stay calm and be safe. I will tell someone if I need or want anything.



Then, I check in at the front desk.

I will stay near my adult. I will stay calm. I will keep my voice low.



Next, I will wait in the waiting room for my name to be called.

I look at books while I wait. I will stay calm and safe in the waiting room.



Then, my name will be called and I will walk with my adult through the door.



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Then, I will go back to a room to talk to someone about my teeth.

I will sit in a special chair that moves and leans back. I have to sit still so the dentist can look at my teeth.



The dentist will wear special glasses to protect his eyes and a mask over his mouth. I don't need to feel scared. My dentist is so nice.



Next, the dentist may use special tools to count and clean my teeth. I will stay still in the chair. The dentist will be very gentle.



I get to wear sunglasses to help protect my eyes.

I can use some toys to help me stay calm if I need them.

I can tell her if I need a break.



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The dentist may brush fluoride on my teeth. I will stay still in the chair. He will be very gentle.



When I am finished, I get to get a prize from the treasure box!



Then, the dentist will give me box with my very own electric toothbrush to take home!



Now, I check out.

I am all done!

I leave the building with my adult. I will stay with them in the parking lot.

