

My First Visit to the Dentist

I will go to Capital Dentistry for Children.

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



First, I check in at the front desk.

I have to tell them my name and get my picture taken.



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.



Next, the dentist will use special tools to count and clean my teeth.

I get to wear sunglasses to help protect my eyes.

I can tell them if I need a break.



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I might go to a room for an x-ray.

I will stay very still and only move when told to. This will not hurt.



Then, the doctor will give me a bag with my very own toothbrush to take home!



When I am finished, I get to get a toy from the machine!

Then, I check out.

I am all done!

