

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.



First, I take the elevator up.

I will stay safe in the elevator. I will only push the button I am told to push.



Then, I check in at the front desk.

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



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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.



Next, I will stand on a scale to get my weight.

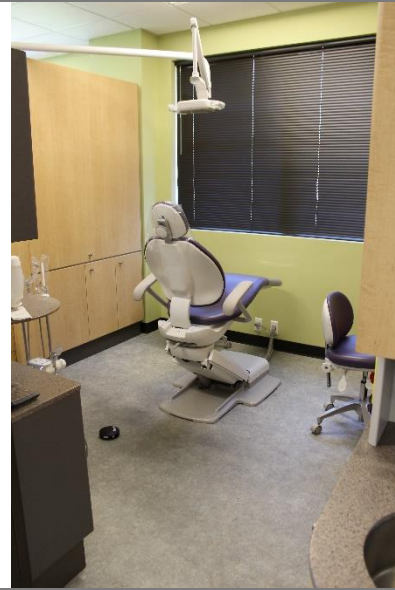
I will stand still and follow directions.



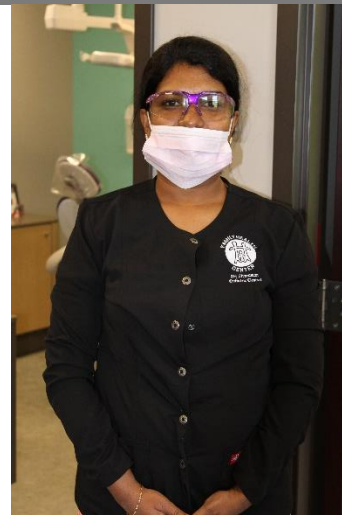
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Then, I will go back to a room to talk to someone about my teeth.

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 her eyes and a mask over her 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.

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I can tell her if I need a break.



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



Then, the dentist will give me a bag with my very own toothbrush, toothpaste, and flossers to take home!



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



Now, I check out.

I am all done!

I will ride the elevator down safely with my adult. I will stay with them in the parking lot.

