

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.



I check in at the front desk.

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



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

I can look at books, color, or play with magnets. I will stay calm and safe in the waiting room.

Then, my name will be called and I will walk with my adult down the hallway.



First, 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.



My Visit to the Dentist

The dentist will wear special glasses to protect his eye and help him see my teeth. The glasses have a flashlight on them. I can tell him if they are too bright.

The dentist wears a mask over his mouth and gloves on his hand. 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. The tools may make strange noises. I will stay still in my chair. The dentist will be very gentle.

I can use some toys or hold the tooth pillow to help me stay calm.

If I am really scared, the dentist can put a special mask over my nose. The air in the mask can help me calm down. I will take deep breaths through my nose.

I can tell the dentist if I need a break.



My Visit to the Dentist

Before the dentist brushes my teeth, I will get to choose which flavor I want. I will pick one.



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



I am all done!

Now my adult will check out. I will stand by my adult or sit in the waiting room.

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

