

My First 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.



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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.

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.



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



I might see an x-ray machine in the room. It comes out of a special place in the wall. It will take pictures of my teeth.

I will sit very still and only move when told to. The machine does not touch me. I will be comfortable.



The dentist might need more pictures of my teeth. I will walk safely to the big x-ray machine.

The dentist will put a special tool in my mouth and I will bite it. The x-ray machine will move around my head and take pictures of my teeth. It will not hurt. I will stand still.

I can tell the dentist if I need a break.



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

Then, the dentist will give me a toothbrush, toothpaste, and floss to take home,



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.

