


GOING TO THE DENTIST

Sometimes I need to visit the dentist to take care of my teeth. A dentist helps keep my mouth clean, healthy, and strong.


 Before I go, I might brush my teeth and bring something to help me feel calm—like a toy, book, or headphones.

 I will ride to the dentist's office with a grown-up. When I get there, I check in and wait in the waiting room until it's my turn.

When it's time, someone will call my name. I will walk to a room with a big chair that leans back.

 I'll sit in the chair and wear a special bib. The dentist or hygienist will wear gloves and a mask to help keep everything clean.

They might look in my mouth with a little mirror or count my teeth. Sometimes I hear buzzing or feel water spray—this is all okay.

 The dentist may clean my teeth or check for cavities. If something feels funny, I can raise my hand or ask for a break.

When we're done, I get out of the chair. I might get a sticker or small prize!

 I can say, "Thank you!" for helping my teeth stay healthy.

Going to the dentist might feel new or different, and that's okay. I can be calm, safe, and proud of taking care of my teeth.