

Going to the Dentist





Soon I will go to the dentist. I am getting bigger and bigger every day and so are my teeth. The dentist helps keep my teeth healthy and clean.





When I go to see the dentist, I will first wait with my grownup while they check-in at the front desk.





Next, I will wait my turn to see the dentist. When I am waiting quietly I can sit down on the bench or play with the toys. I can read a book, do a puzzle or even play video games.



go

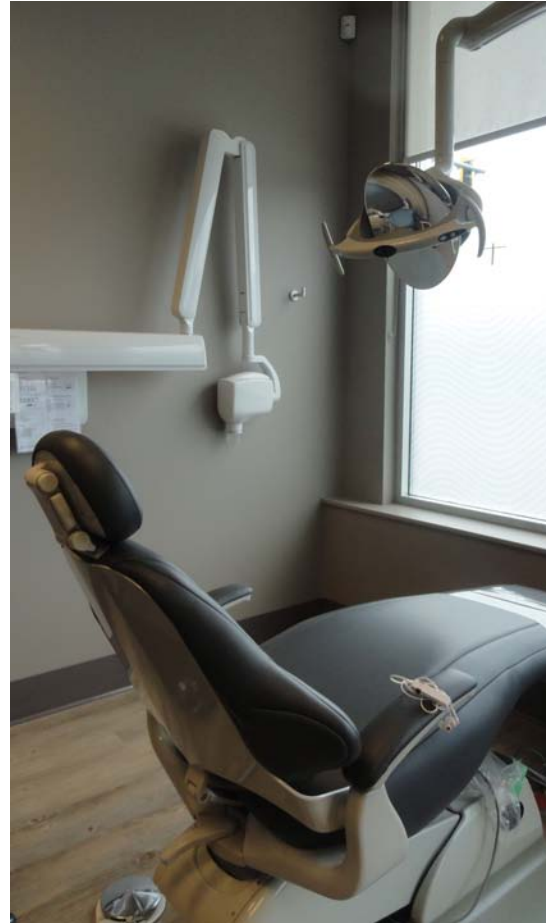


When it is my turn to see the dentist, my name will be called. I can walk through my own small door to go and see the dentist.





First, my grownup will talk with Dr. Jen and I can tell her some of my favourite things. Next, I will stand on a scale to see how big I am. I will stand very still to see how tall I am. My body is growing and so are my teeth!



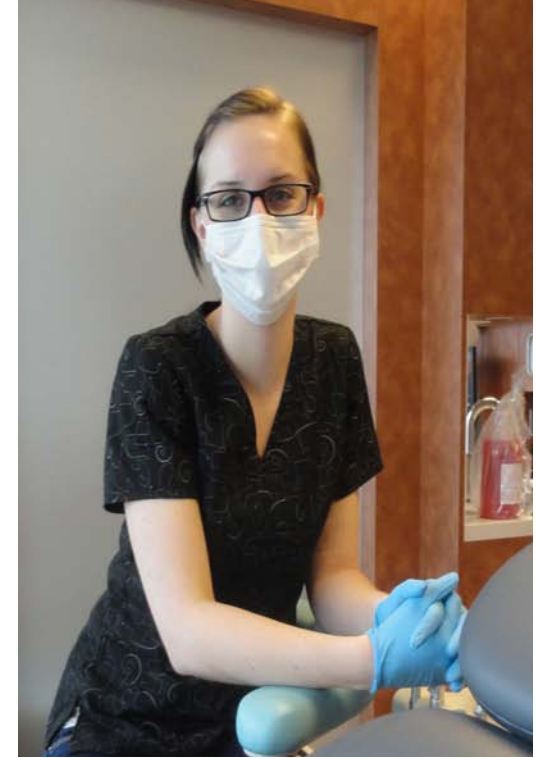
Next, I will walk past many special dentist chairs, one of them will be mine. The chair can move up, down and lie back. It is fun to ride in the dentist chair. My grownup can sit next to my chair too.



sit in dental chair



bib



The dental assistant will put a bib around my neck to keep my shirt dry and clean. She will also put things on to keep her dry and clean. She will wear a mask, glasses and gloves. This is her uniform. Many community helpers wear uniforms.

chair lays back



The dental assistant will ask what show I would like to watch on TV.
I will go for a ride on my chair so that I can lie down and watch
my show. I will put headphones on my ears so that I can hear my
cartoons.



When she is brushing my teeth, I will spit into a special straw. Its name is Mr. Thirsty. The dental assistant will blow air and water on my teeth to help clean them.

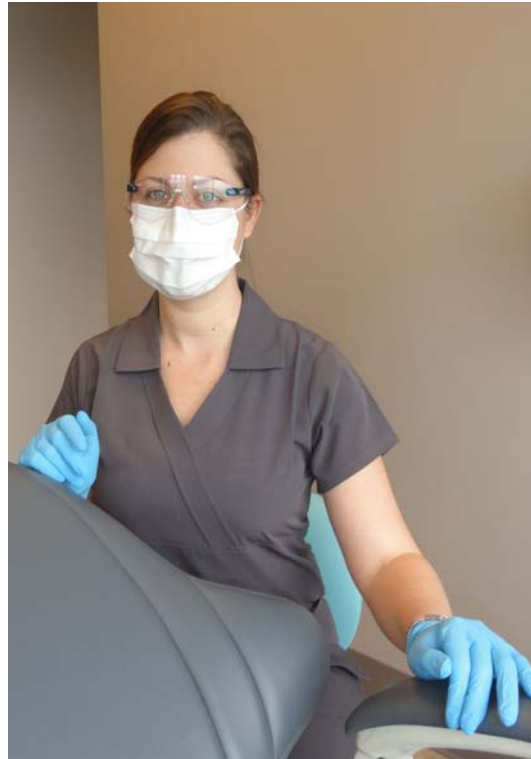


While I am watching TV, the dental assistant will ask me to open my mouth big. She might turn on a light so that she can see my teeth. First, she will brush my teeth with a “tooth tickler” or an electric toothbrush. I get to choose the toothpaste. I can choose vanilla mint or bubblegum.

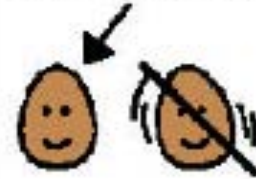
stop please



If I need to take a break from cleaning my teeth, I can say “stop please” and the dental assistant will stop.



hold head still



count teeth
1...2...3



Dr. Jen will come to visit me now. Dr. Jen wears a uniform too. She will put on gloves, glasses and a mask. I will keep my head still while she counts my teeth. I wonder how many teeth she will count in my mouth!



My teeth are now clean and healthy! I did a great job! I get a token to use in the treasure tower! I get a goodie bag to take home too. In my goodie bag is a new toothbrush, floss and toothpaste for me to clean my teeth at home.



Going to the dentist is fun! I will get to visit Dr. Jen again soon!