



My visit to the dentist



Everyone has teeth.
Teeth are important for biting and chewing my food.
It is important to look after my teeth.



I can look after my teeth by visiting the dentist.
A dentist is someone who cares for your mouth,
including your teeth, and makes sure that they are kept
healthy.



At the dentist, the receptionist will say hello and let you
know what room you will be visiting.
You might need to sit in the waiting room until the dentist
is ready to see you.



In the dentist's room you will meet the dentist and a
dental nurse.



They will ask you to sit in a big chair.
The chair is very special. It can go up and down.
It can also go backwards so that you can lie down!



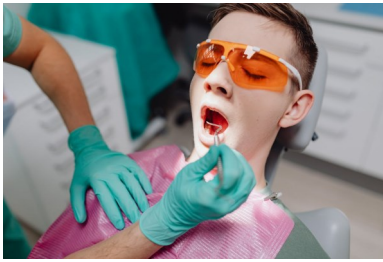
Above the chair there is a big bright light so that the
dentist can see inside your mouth.
The dentist might ask you to wear a pair of glasses to
protect your eyes.



When you sit on the chair, the chair will slowly go backwards.

This is ok.

You are safe.



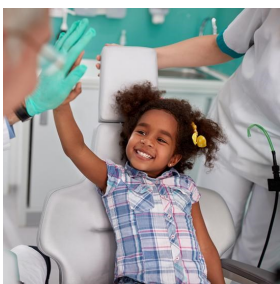
The dentist will ask you to open your mouth wide so that they can count and look at your teeth.



The dentist might put a little mirror inside your mouth so that they can see your teeth really well.



The dentist may also use a probe to check the health of your teeth and gums.



Your check has finished.

Your dentist will help you to sit up on their special chair.



Your dentist is proud of you.

Your carers are proud of you.

Well done! You have been to the dentist.