

# Going to the Dentist



- I have teeth
- I eat with my teeth
- It is important to keep my teeth clean and healthy
- The dentist can help me keep my teeth clean and healthy



- Sometimes I go to the dentist
- When I arrive at the dentist, I say my name to the receptionist
- I can bring something I like along to the dentist like a fidget for my hands



- I will wait in the waiting room. The waiting room can be a quiet place.
- I will try to keep quiet and sit still in the waiting room.
- I can keep quiet by reading or playing on an electronic device.



- My name will be called and I will go into the dentist room.
- There is a dentist chair. I will sit in this chair.



- There is a bright light to help look inside the mouth. I can wear sunglasses or I can close my eyes.



- The dental assistant may place a bib on me to keep my clothes clean. Wearing the dentist bib is ok.





- The dentist chair will go up and lay back. This is ok. I can lie down with the chair.
- Video 1 - no sound required





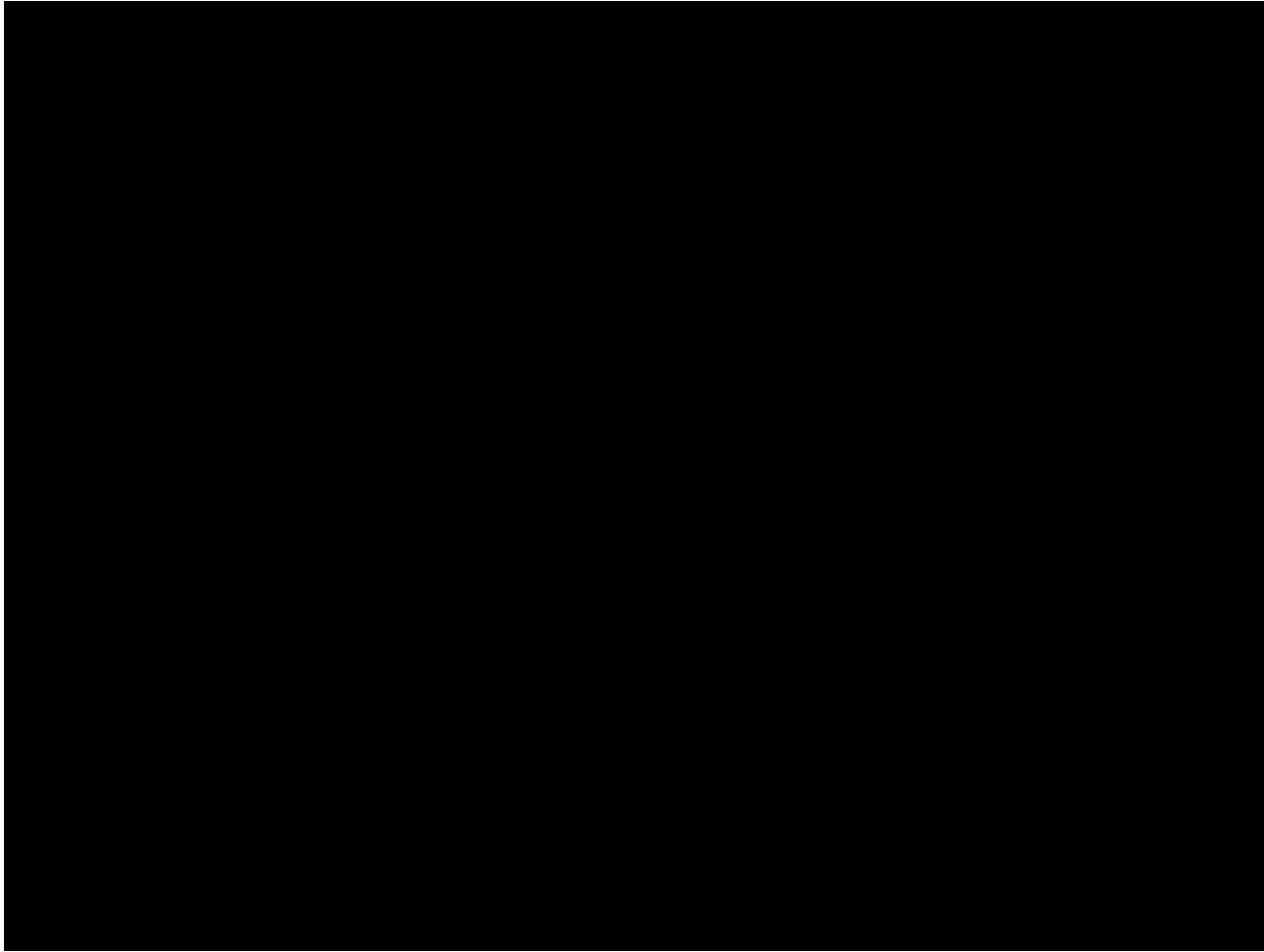
- I will need to open my mouth very wide and keep my mouth open. The dentist will then look inside my mouth.



- The dentist may use a mirror and a tooth counter. The dentist may count my teeth.



- Sometimes the dentist may blow air on my teeth. This is ok. I will try to keep my mouth open.
- I can tell the dentist if I need to take a break.



- The air that dentist may use to blow on my teeth (click on image to see and hear) – Video 2 (need to include sound)



- Sometimes the dentist may use water to wash my teeth. A special vacuum tube will take water out from the mouth. This can be noisy. I will try to keep my mouth open.

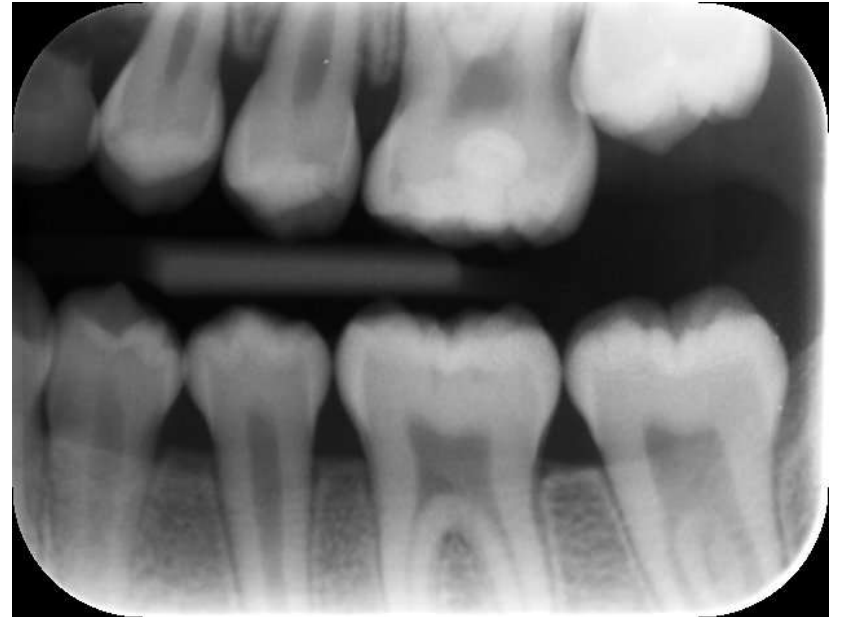


- The dentist may use water to wash my teeth and blow air on my teeth (click on image to see and hear) – Video 3 (need to include sound)



- Sometimes the dentist may need to take teeth x-rays. I will wear a special apron. I will try to bite onto the X-ray film. A special camera will be used to take the x-ray. I will need to stay very still.





- This is what dental x-rays look like



- Sometimes the dentist or dental hygienist will clean my teeth. A special electric toothbrush will be used.



- A nice toothpaste will also be used. The electric toothbrush will also make noise. This is ok. I like having my teeth cleaned.



- This is what the special electric toothbrush sounds like (click the image to see and hear) – Video 4 (need to include sound)
- If I don't like the noise, I can wear headphones



- The dentist will also use water to wash my teeth. The vacuum tube will be used to take the water away. This can be noisy. This is ok.



- I am finished when the dentist or dental hygienist said it is finished. The dentist chair will move up and down. I will stay in the chair until the chair stops moving. (video 5 – no sound required)



- The dentist helps keep my teeth clean and strong. I am happy to have clean and strong teeth.



Brushing My Teeth



- I have teeth
- I eat with my teeth
- It is important to keep the teeth clean and healthy
- Brushing my teeth keep my teeth clean and healthy



- I need a toothbrush and toothpaste on the toothbrush to brush my teeth
- I now start brushing the teeth. Brushing the teeth needs to take more than 3 minutes for the teeth to be clean. This is ok.



- I brush the outside of all the top right teeth for at least 10 seconds, focusing around where the gum and teeth meet



- I brush the outside of the top front teeth for at least 10 seconds, focusing around where the gum and teeth meet



- I brush the outside of all the top left teeth for at least 10 seconds, focusing around where the gum and teeth meet



- I brush the inside of the top left teeth for at least 10 seconds





- I brush the inside of the top front teeth for at least 10 seconds



- I brush the inside of the top right teeth for at least 10 seconds



- I brush the top eating surfaces of my top right teeth for at least 10 seconds



- I brush the top eating surfaces of my top left teeth for at least 10 seconds
- I have now finished brushing my top teeth. I will then start brushing my bottom teeth



- I brush the outside of all the bottom right teeth for at least 10 seconds, focusing around where the gum and teeth meet



- I brush the outside of the bottom front teeth for at least 10 seconds, focusing around where the gum and teeth meet





- I brush the outside of all the bottom left teeth for at least 10 seconds, focusing around where the gum and teeth meet





- I brush the inside of the bottom left teeth for at least 10 seconds



- I brush the inside of the bottom front teeth for at least 10 seconds



- I brush the inside of the bottom right teeth for at least 10 seconds



- I brush the top eating surfaces of my bottom right teeth for at least 10 seconds



- I brush the top eating surfaces of my bottom left teeth for at least 10 seconds
- I have now finished brushing my bottom teeth
- I will spit the toothpaste out



- My teeth are clean
- I am very happy that my teeth are clean



