My Story About Going to the Dentist



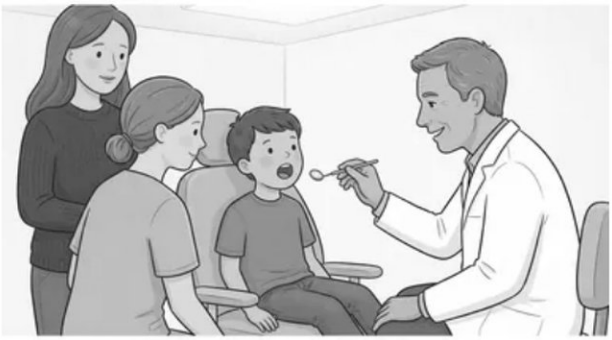
Sometimes I go to the dentist.



A dentist takes care of my teeth.



I sit in a big chair that can lean back. A bright light shines on my teeth.



The dentist uses a small mirror to count and look at my teeth.

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Some children feel nervous at the dentist. Many people feel that way. That is okay.



I will try to open my mouth for a little while.



When the dentist is done, I can rinse my mouth.



Going to the dentist helps keep my teeth healthy. That is a good thing.

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FOR THE ADULT

My Story About Going to the Dentist · grown-up page

How to use it Read it with your child before the event, then again in a calm moment. Read it as written; your child can point to each picture.

1. Descriptive Sometimes I go to the dentist.

2. Descriptive A dentist takes care of my teeth.

3. Descriptive I sit in a big chair that can lean back. A bright light shines on my teeth.

4. Descriptive The dentist uses a small mirror to count and look at my teeth.

5. Perspective Some children feel nervous at the dentist. Many people feel that way. That is okay.

6. Directive I will try to open my mouth for a little while.

7. Descriptive When the dentist is done, I can rinse my mouth.

8. Affirmative Going to the dentist helps keep my teeth healthy. That is a good thing.

Why it is written this way First person and positive. Sentences describe what happens and what people feel; there is one directive, written as 'I will try to'. Add your own sentence if your child has a strategy you already teach.