



**I am going to the
dentist**



Today I am going to the dentist. I
sit in a chair that leans back.

I can hold something I like in my
hand.

The dentist checks my teeth to
keep them healthy.



There is a bright light above me.

**I can close my eyes or wear
sunglasses.**

**The light helps the dentist see my
teeth.**



My mouth stays open for a while.
Meanwhile, I can breathe through
my nose.

Breathing slowly helps me feel
calm.



Some tools make a noise or spray water.

Before we start, we can agree on a signal, like raising my hand.

With the signal, I can show that I need a break.



At the end, I rinse my mouth.

I can say how I felt.

I have looked after my teeth.

I am going to the dentist

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Based on Carol Gray's Social Stories.