I want to show the dentist my teeth

Gracie
‘I Want to Show the Dentist my Teeth’ is a story about a child’s visit to the dentist told from their point of view.

Gracie visits the dentist and sees many new and different things. Her experience is shown through a variety of colourful illustrations and described using simple language, helping young children to understand what to expect when they visit the dentist themselves.

The book aims to equip children with knowledge and information from an early age to make their trip to the dentist a positive and happy experience.
I want to show the dentist my teeth

Written by the Calderdale Health Improvement Service
Vivienne Harlow, Kathryn Halstead and Catherine King.
Illustrated by Sally Baker.
Today I am going to show the dentist my teeth.
My appointment card tells me which day I should go to the dentist and the time.

<table>
<thead>
<tr>
<th>Appointment Card</th>
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<tbody>
<tr>
<td>Name</td>
</tr>
<tr>
<td>Time</td>
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<tr>
<td>Day</td>
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I must be on time.
Mum tells the receptionist that we are here.
I sit in the waiting room until it’s my turn to see the dentist.
I meet the dentist and the nurse in the surgery.
These are the people who work at my dentist

Dentists

Receptionist

Dental Nurse

Hygienist
I sit on the chair and the nurse puts a bib on me.

The chair goes up and down!
There are lots of new things to see when you visit the dentist.

- A sink
- A big light
- A dentist’s mirror
- A computer
More things... 

Gloves

Glasses

Mask

Bib

...can you find them in the book?
The dentist looks at my teeth and counts them.
The nurse looks after me and writes my name on the computer.
The dentist says my teeth are perfect.
The nurse gives me a sticker.
I am so happy!
My teeth are perfect because I always choose healthy drinks and snacks.

- Peas
- Watermelon
- Tomatoes
- Apple
- Carrots
- Grapes
I brush my teeth for two minutes morning and night.

I use a pea sized amount of toothpaste on my small toothbrush

and this helps to keep my teeth shiny and strong.
I make sure I spit the toothpaste out but I don’t rinse.

I always have help.
The dentist says at my next visit he will look at George’s teeth. He also said he might give my teeth a special polish.

I can’t wait to come again, it has been good fun!
Spot the difference.

Can you spot 8 differences in these two pictures?
Answers:
1. Hair ribbons
2. Shoes
3. Nurse wearing glasses
4. Nurse's uniform
5. Nurse wearing gloves
6. Floor colour
7. Cupboard handle
8. Light

Gracie
Hope you enjoy your visit to the dentist.

Have a fun time!
For further information email healthresources@swyt.nhs.uk