

A Visual Schedule for a Trip to First Impressions



1. We will be visiting the dentist today to make sure my teeth and mouth are clean and healthy.



2. We will walk into the office and tell our names to the people at the front desk.



3. Until they call my name, we will play games, color, read, or watch television.



4. The hygienist will call my name and walk with me to a room with lots of special chairs.



5. The special chair will move up and down and lean back so the dentist and hygienist can look in my mouth.



6. When I sit in the chair, I'll keep my hands on my belly and put my legs and feet straight out in front of me.



7. I'll open my mouth as wide as I can so the dentist can look inside. There will be a bright light so they can see. I can ask for special sunglasses or close my eyes if it is too bright.



8. The dentist will count my teeth with a special mirror. It may tickle a little.



9. The dentist will take special pictures of my teeth called x-rays. I may have to sit down in a different chair and wear a heavy apron to take these pictures.



10. The dentist will clean my teeth with special tools. They will show me each one and tell me what they are for before we use them.



11. When all my teeth are clean, they will use a squirt gun to rinse my teeth and use Mr. Thirsty Straw to suck the water away.



12. The dentist will give me a special bag with a new toothbrush and toothpaste. I'll also get a special prize when I leave the office.