



Meeting the Dentist Visual Guide for Children

This guide gently explores what meeting the dentist means, how they look at my smile, and the ways they help care for teeth — with friendly arrivals, gentle counting, calm brushing tips, and sparkles of reassurance.

With soft colours, friendly visuals, and clear language, each panel supports emotional regulation, sensory understanding, and relational trust.

If dentist visits feel unfamiliar or seem a little confusing sometimes, this guide is here to help things feel more manageable — **one calm smile at a time.**

Questions You Might Have

What happens when the dentist comes to school?

Sometimes the dentist comes to school or the clinic to help us care for our teeth. They visit to check that everyone's teeth are healthy and strong.

Why does the dentist count teeth?

They might count your teeth to check how many you have. This helps them see how your teeth are growing and if everything is healthy.

Are school dental visits safe for children?

Yes, school and clinic dental visits are safe and gentle. Dentists are trained to work carefully with children and make the experience as comfortable as possible.

What's Inside Meeting the Dentist



A sensory-safe guide to what happens during a school or clinic dentist visit.

Dentist Visit



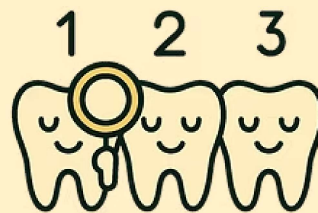
Sometimes the dentist comes to school or the clinic to help us care for our teeth.

Looking At My Smile



The dentist might look at my smile to see how my teeth are doing.

Counting Teeth



They might count my teeth to check how many I have and how they're growing.

Showing How to Brush



The dentist can show me how to brush to keep my teeth clean and strong.

Feeling New Or Different



The dentist is there to help. It's okay if it feels new or different.