



Dental Check Ups

Why we go back for
check-ups

Dentists like to see us more than once. These visits are called **check-ups**. They help make sure my **teeth** are still **strong** and **healthy**. Going back again means the **dentist** can spot little **problems** early and keep my **smile** safe.

This is what it felt like when I went back to the dentist...

Adult Notes – Gentle Guidance

- Explain visits as **check ups**, not tests or problems.
- **Reassure** that returning is **normal**, helps prevent bigger issues, and can feel **familiar, safe, or different**.
- **Validate worries** — “It’s okay if it feels new.”
- Keep tone **calm, supportive**, focused on **continuity** and **care**.