

My first dentist visit



My name is _____



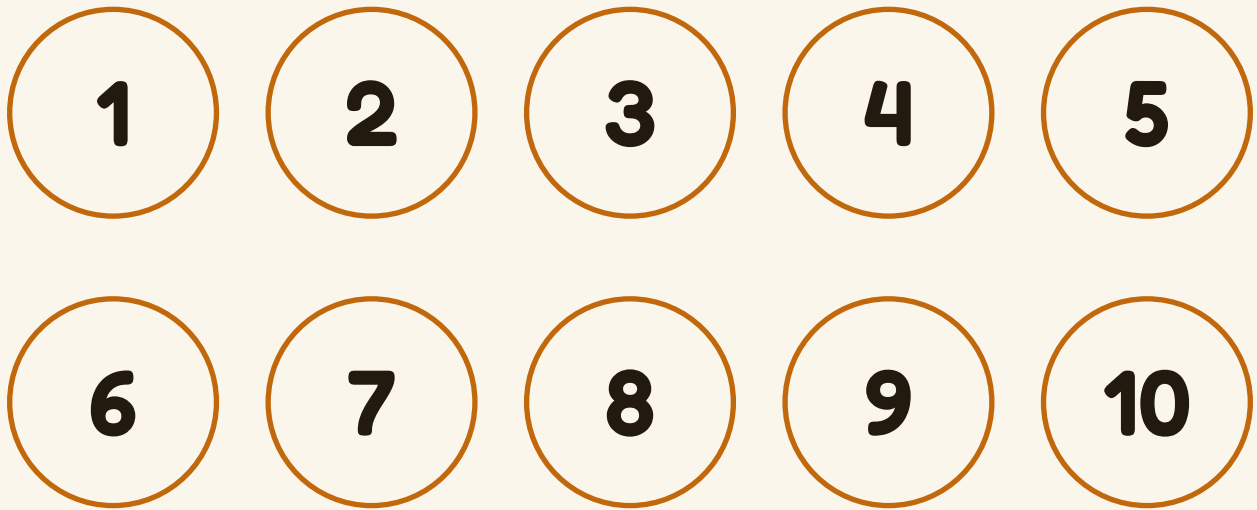
Soon I am going to the dentist. A dentist is a person who looks after teeth.



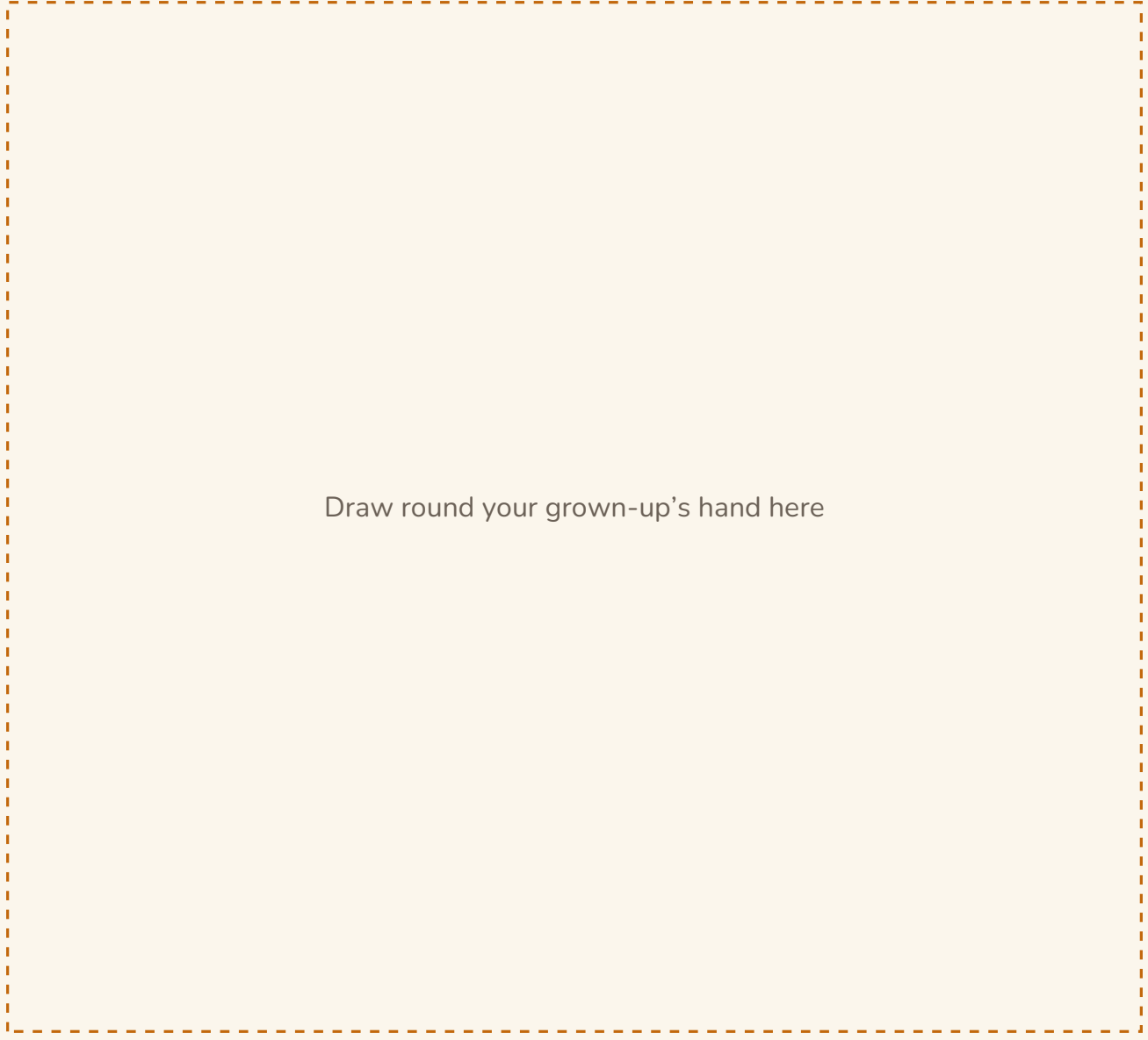
We say my name at the desk. Then we sit and wait for a little while.



**Someone calls my name. I sit in a big chair.
The chair might lean back.**



The dentist might use a little mirror to count my teeth. I open wide, like I practised. We count to ten.



Draw round your grown-up's hand here

I can hold my grown-up's hand. If something feels funny, I can put my hand up.



Then it is finished. I opened my mouth when they asked. Next time I will know the room.

For the grown-up

When to read it

Three nights before. Night one, read it as a story. Night two, read it, then thirty seconds at the mirror: open wide and count to ten. Night three, read it, practise once, and say tomorrow's order out loud.

One sentence to say on the day

"You can hold my hand, and we will count the teeth together."

Why each line is worded this way

heroofyou.com/social-stories/first-dentist-visit

Sources

NHS - Children's teeth

nhs.uk/live-well/healthy-teeth-and-gums/taking-care-of-childrens-teeth/

American Academy of Pediatric Dentistry - Parent FAQ

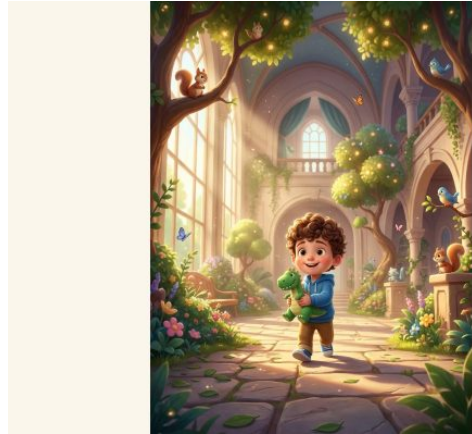
aapd.org/resources/parent/faq/

The advice here is the same as on our first dentist visit page, whose sources were read on 22 September 2026. Nothing here is dental advice, and your own practice knows your child's mouth.

Free to print, copy and share at home, in class or in clinic. The pictures come from The Bravest Check-up, one of the picture books Hero of You makes with a child drawn into the story.

First, then, next: first dentist visit

Cut along the dashed lines. Use the cards in a row, in order, or one at a time.



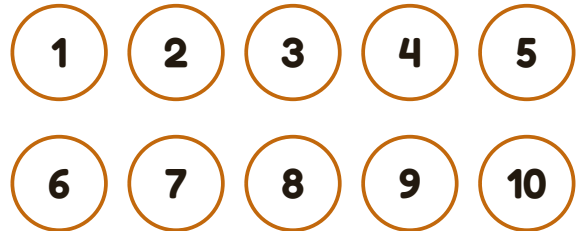
1 Going to the dentist



2 Say my name, then wait



3 Sit in the big chair



4 Open wide, count to ten



5 Hold a hand



6 All done