

# Supporting a Positive Dental Visit

Sometimes, visiting the dentist can seem like a new and scary thing. But it doesn't have to be!

## When we visit the dentist's office, we are going to meet:

- 🦷 The **Receptionist**, who greets us when we arrive.
- 🦷 The **Dental Hygienist**, who cleans our teeth
- 🦷 The **Dentist**, who checks on and fixes our teeth
- 🦷 The **Dental Assistant**, who helps the dentist and cleans the room



## Here are some ways to make the dentist's office less scary:

- 🦷 Play dentist! Use a toothbrush to show children what to expect. Kids can have fun "being the dentist" too!
- 🦷 Find books or videos about going to the dentist, like "Curious George Goes to the Dentist."
- 🦷 Choose positive, easy-to-understand explanations about what happens at the dentist.
- 🦷 Make sure children are well-rested before going to the dentist because it can be overwhelming.
- 🦷 Bring a stuffed animal to your child's appointment and ask the dentist to show and tell them what will happen during the visit using the toy first.



Visit [Smile Help Now](#) or <https://www.insurekidsnow.gov/> for help finding affordable and accessible dental care near you!



**WATCH NOW: Lesson 5**  
[Visiting the Dentist](#)

