



Donia Fahim

Education & Therapeutic Spaces Ltd.

VISITING THE DENTIST

www.doniafahim.com



VISITING THE DENTIST



**FOR FAMILIES
& CHILDREN**
BY DR.DONIA FAHIM



FOR FAMILIES & CHILDREN

Preparing for the Dental Visit



You may want to prepare your child before going to the dentist.

For some children, a visual schedule can be helpful to let them know what will happen throughout the visit. You can also practice having your child sit in a reclining chair. You may have to teach each of the following steps so that they understand the directions from the dental professional.

- **Putting their hands on their stomach**
- **Putting their feet out straight**
- **Opening wide**
- **Holding their mouth open**
- **Counting their teeth**
- **Cleaning with a power brush**
- **Taking X-Rays**
- **Spitting into the sink**

Each step may need to be mastered individually. Many of the instruments used at a dental visit can be bought at a pharmacy.

These could include:

- **Small flashlight**
- **Dental mirror**
- **Rubber-tipped gum massager**

You may also be able to get some dental bite wings from their dentist in advance of the visit, so that your child may practice biting down on the dental bite wings if they need to have X-Rays taken.

Meeting the Dentist

You may want to prepare by asking your Dentist to send a picture of themselves so you can show your child in order for them to familiarise themselves with the Dentist before they arrive.



VISUAL SUPPORT

For visiting the Dentist



1



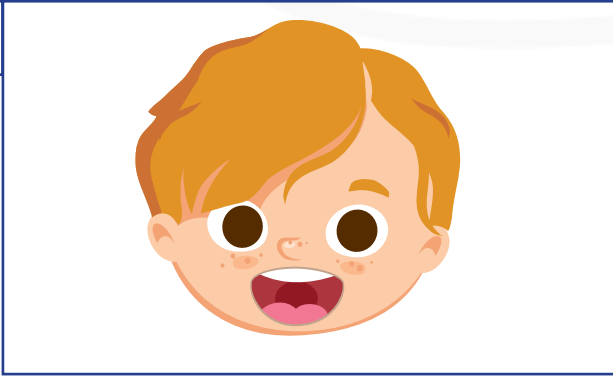
Sit Down / Legs out straight

2



Put hands on tummy

3



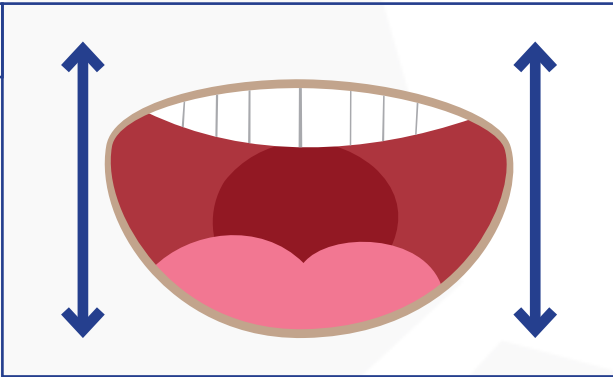
Open mouth wide

4



Count teeth

5



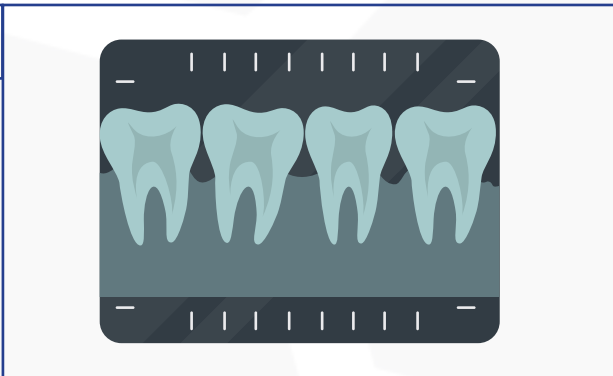
Hold mouth open

6



Clean teeth

7



Take X-rays

8



All done!