

Visiting My Dental Hygienist

A Social Story





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I am going to
visit the dental
hygienist today.

The dental hygienist
keeps my teeth clean
and healthy.





When I get there, I can sit in the waiting room or wait outside, where it may be quieter until it is my turn and my name is called.

When my name is
called, I will be asked
to go to another room
to sit in a dental chair.





They will put a
bib on me to keep
my shirt clean.

They will give me cool
sunglasses to keep the
light out of my eyes.





The dental hygienist will wear a mask and gloves to keep everyone clean and safe.

The dental hygienist
will look in my mouth
and count my teeth.



I will try to stay still
while they are counting
and let them know if I
need a break.



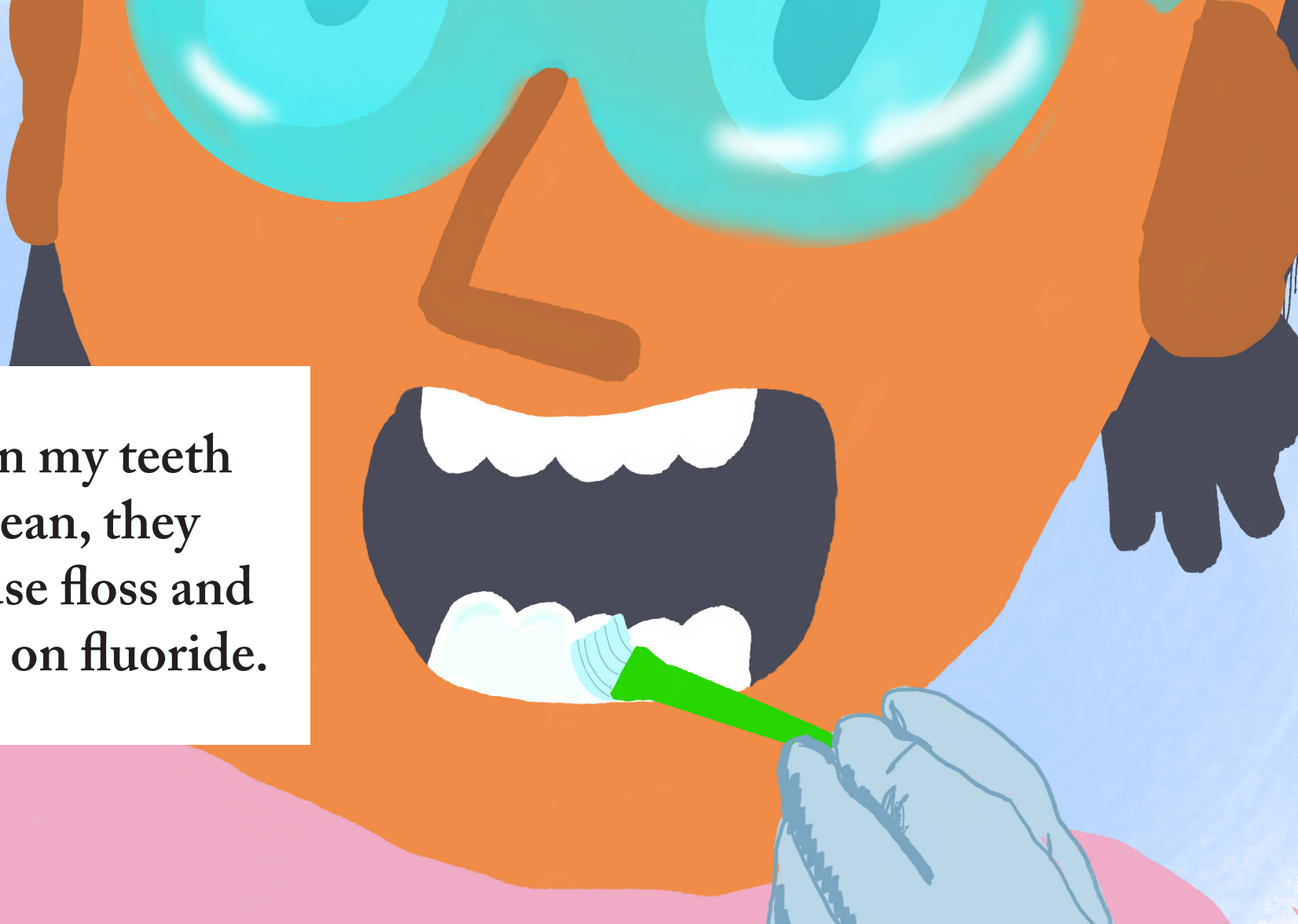
If I need a
break, I will
raise my hand.



They will then clean
my teeth with a
special toothbrush
and toothpaste.



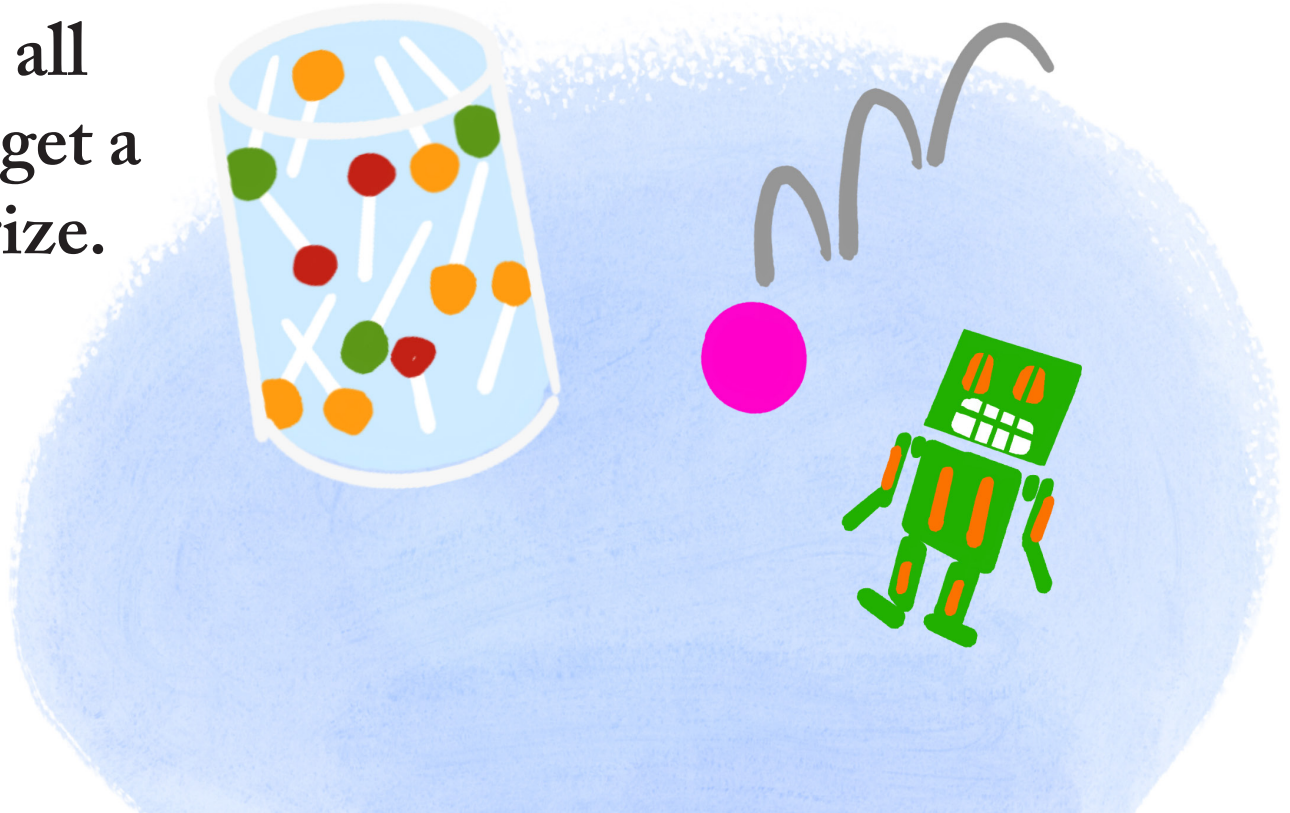
When my teeth
are clean, they
will use floss and
paint on fluoride.



Sometimes a dentist
will look at my teeth
and may ask me
some questions.



When I am all
done, I can get a
treat or a prize.





Look at my shiny
teeth! They are so
healthy and clean!

