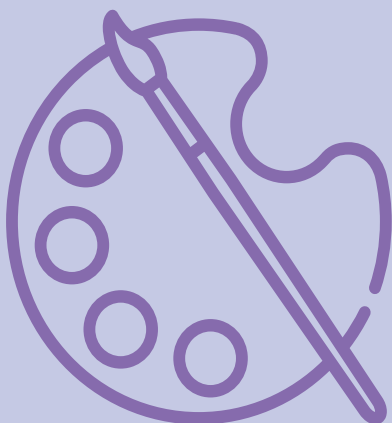




# VISITING THE DENTIST



# INTRODUCTION



*We know that visiting the dentist can make us feel nervous at times. This booklet has been put together to help make your visit more enjoyable.*

## IN THIS BOOKLET...

**Care**

It's important to take care of ourselves. Take a look at the Care section to find out ways to do this.



**Calm**

Things can get overwhelming sometimes, this section will give you some top tips to help you feel calm.



**Creativity**

When we get nervous it can help to be creative and do something to help us concentrate. Take a look at some of the activities in this section and get creating



**Connect**

It's good to talk and and feel connected. This section will give you some ideas about how to do this.



# VISITING THE DENTIST



1.



You will speak to a receptionist, they will sit near the entrance and say hello to you when you arrive.

2.



You will sit in a waiting room with lots of chairs and other people. Someone may call out your name when it's your turn to see the dentist.

3.



You will meet the dentist and dental nurse. They will be wearing a mask, apron and goggles. Don't worry this is to keep you all safe from germs and bugs

4.



When you go into the room where the dentist will look at your teeth, you will see a big chair in the middle. You will get to lie in the big chair which can go up and down and even lay back.

5.



There will be a bright light that will shine down so the dentist can see your teeth. You can close your eyes or wear sunglasses if you want.

6.



The dentist will ask you to open your mouth so they can see inside and look at all your teeth. Open wide and show them your lovely shiny teeth.

# VISITING THE DENTIST

How many can you complete?



Fill in the receptionists name

How many chairs can you count in the waiting area

What is the name of your dentist?

What colour was your dentists mask and uniform?

What is the name of the dental nurse?

What colour was your dental nurses mask and uniform?

What colour was the big dental chair?

# CARE

## It's important to take care of ourselves.

This section will give you some ideas on how to do this such as keeping clean, eating well, getting lots of sleep and thinking happy thoughts.



# Timetable



In these boxes you can write your plans and goals for this week.

You can also tick off the checklist of things to do each day.

## Monday

- ☐ Brush your teeth in the morning
- ☐ Get fresh air
- ☐ Shower or Bath
- ☐ Brush your teeth before bed

## Tuesday

- ☐ Brush your teeth in the morning
- ☐ Get fresh air
- ☐ Shower or Bath
- ☐ Brush your teeth before bed

## Wednesday

- ☐ Brush your teeth in the morning
- ☐ Get fresh air
- ☐ Shower or Bath
- ☐ Brush your teeth before bed

## Thursday

- ☐ Brush your teeth in the morning
- ☐ Get fresh air
- ☐ Shower or Bath
- ☐ Brush your teeth before bed

## Friday

- ☐ Brush your teeth in the morning
- ☐ Get fresh air
- ☐ Shower or Bath
- ☐ Brush your teeth before bed

## Saturday

- ☐ Brush your teeth in the morning
- ☐ Get fresh air
- ☐ Shower or Bath
- ☐ Brush your teeth before bed

## Sunday

- ☐ Brush your teeth in the morning
- ☐ Get fresh air
- ☐ Shower or Bath
- ☐ Brush your teeth before bed



# HOW TO WASH YOUR HANDS



1.



Put water and soap on your hands

2.



Rub your hands together and wash between your fingers

3.



Wash your thumbs and underneath your nails

4.



Wash the back of your hands

5.



Wash your wrists

6.



Dry and you're all done!

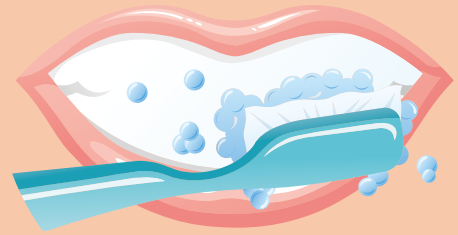
# HOW TO BRUSH YOUR TEETH

1.



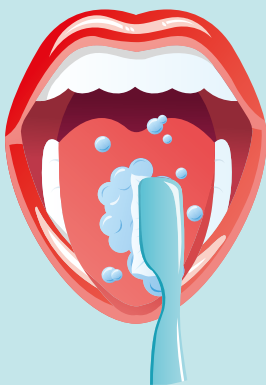
Put some water and a pea sized amount of toothpaste on your toothbrush. You don't need too much! Don't forget to use toothpaste with fluoride

2.



Brush your teeth for 2 minutes and make sure you brush every tooth.

3.



Gently brush your tongue. This will get rid of any germs on there too!

4.



Spit out your toothpaste, but don't rinse. We want the toothpaste to stay and make your teeth strong.

DON'T FORGET TO BRUSH BEFORE BEDTIME AND AT ONE OTHER TIME DURING THE DAY FOR A SUPER SHINY SMILE.

**You can find the answers at the back of the booklet.**

# MAKE SURE YOU EAT A HEALTHY DIET

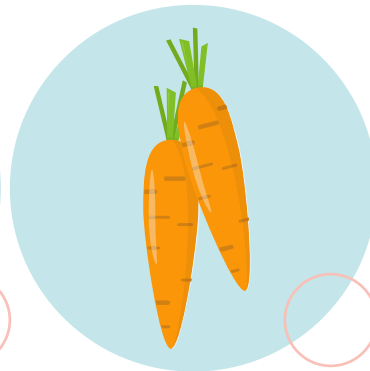
When you have a snack between mealtimes, make sure you choose a healthy option for our bodies and our teeth.



To keep our teeth healthy it's good to limit sugary foods and drinks and if we want to eat them to keep them to mealtimes and not to snack.

## Snacks or mealtimes?

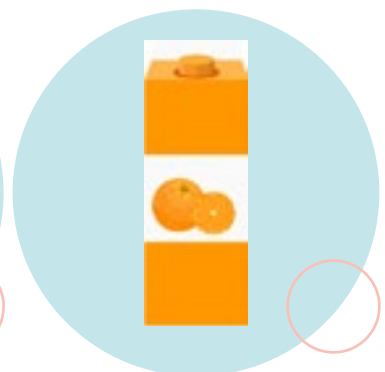
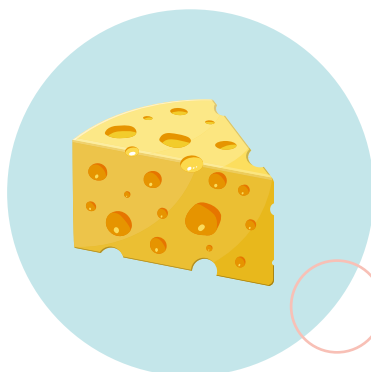
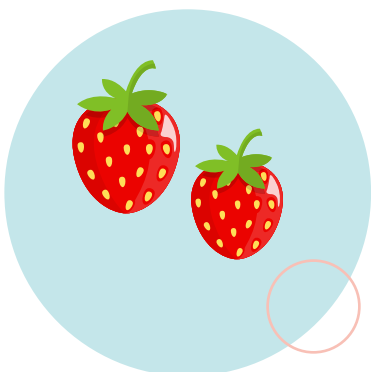
Each picture has a circle, place a tick if you think it's a healthy tooth friendly snack or a cross if you think we should save it to have at mealtimes.



Clue - Don't forget if it's sugary it's best to save it to have at mealtimes.



*You can find the answers at the back of the booklet.*



DON'T FORGET TO BRUSH BEFORE BEDTIME AND AT ONE OTHER TIME DURING THE DAY FOR A SUPER SHINY SMILE.

# What makes me happy?

Write down all the things that make you feel happy.

It's good for our brains to think about feeling happy and to remind ourselves how that makes us feel..

1.

2.

3.

4.

5.

6.

Whilst things can seem very difficult and scary at times, take a minute to remind yourself of everything that still makes you happy.

*Colour me in.*



# CALM

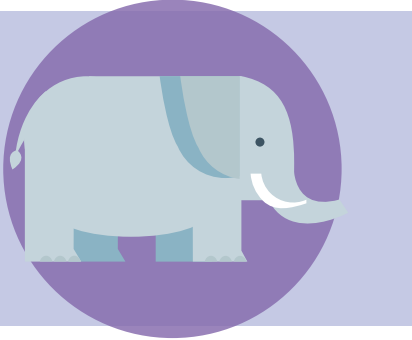
Sometimes we can get nervous. If we do, it's good to try to calm ourselves down.

This section will give you some ideas to try to help you feel calmer and less worried.



# BREATHING EXERCISE TIME

Try out as many of these breathing exercises as you can. Repeat each one 5 times. Focus on each breath.



## *Elephant Breathing*

- Stand with your feet wide apart and your arms dangling in front of your body like an elephant's trunk.
- As you breathe in deeply through your nose, raise your arms up high above your head.
- Then slowly swing your arms down again as you breathe out through your mouth.

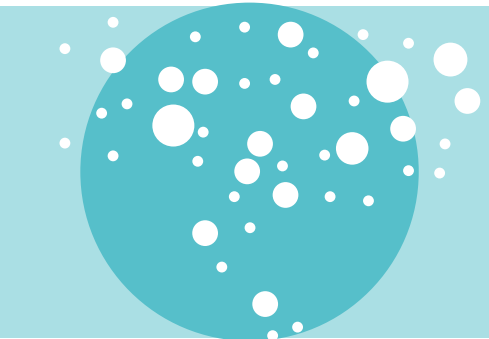
## *Bumblebee Breathing*

- Sit comfortably.
- Gently place the tips of your pointing fingers in your ears and close your eyes.
- Breathe in through your nose.
- Buzz quietly as you slowly breathe out.



## *Bubble Breathing*

- Sit comfortably with your eyes closed.
- Begin by imagining you are holding a bubble wand.
- Breathe in deeply and then, as you breathe out slowly and gently, imagine you are blowing bubbles into the room.
- Imagine the bubbles are filled with peace or love or happiness and that you are filling the whole room with a peaceful, happy feeling.



## *Shoulder Roll Breathing*

- Sit comfortably.
- As you take a slow deep breath in through your nose raise your shoulders up towards your ears.
- Breathe slowly out through your mouth, lowering your shoulders as you exhale.
- Repeat slowly, rolling your shoulders up and down in time with your breath.



## *Balloon Breathing*

- Sit comfortably.
- Place your hands around your mouth as if you were about to blow up a balloon.
- Take a deep breath in through the nose and as your slowly breath out through your mouth, start to spread your hands out as if you are blowing up a great big balloon. Hold your hand position as you breath in again and then spread your hands further as you breath out.
- Once your balloon is as big as it can be, gently sway from side to side as you release your imaginary balloon into the air.



# Yoga Time

Copy the 4 yoga poses below

Start by standing up straight, both feet on the ground and relax. Then copy the shape each child is making and hold it still for 3 seconds.

Then relax and try it again.

DO EACH ONE 5 TIMES

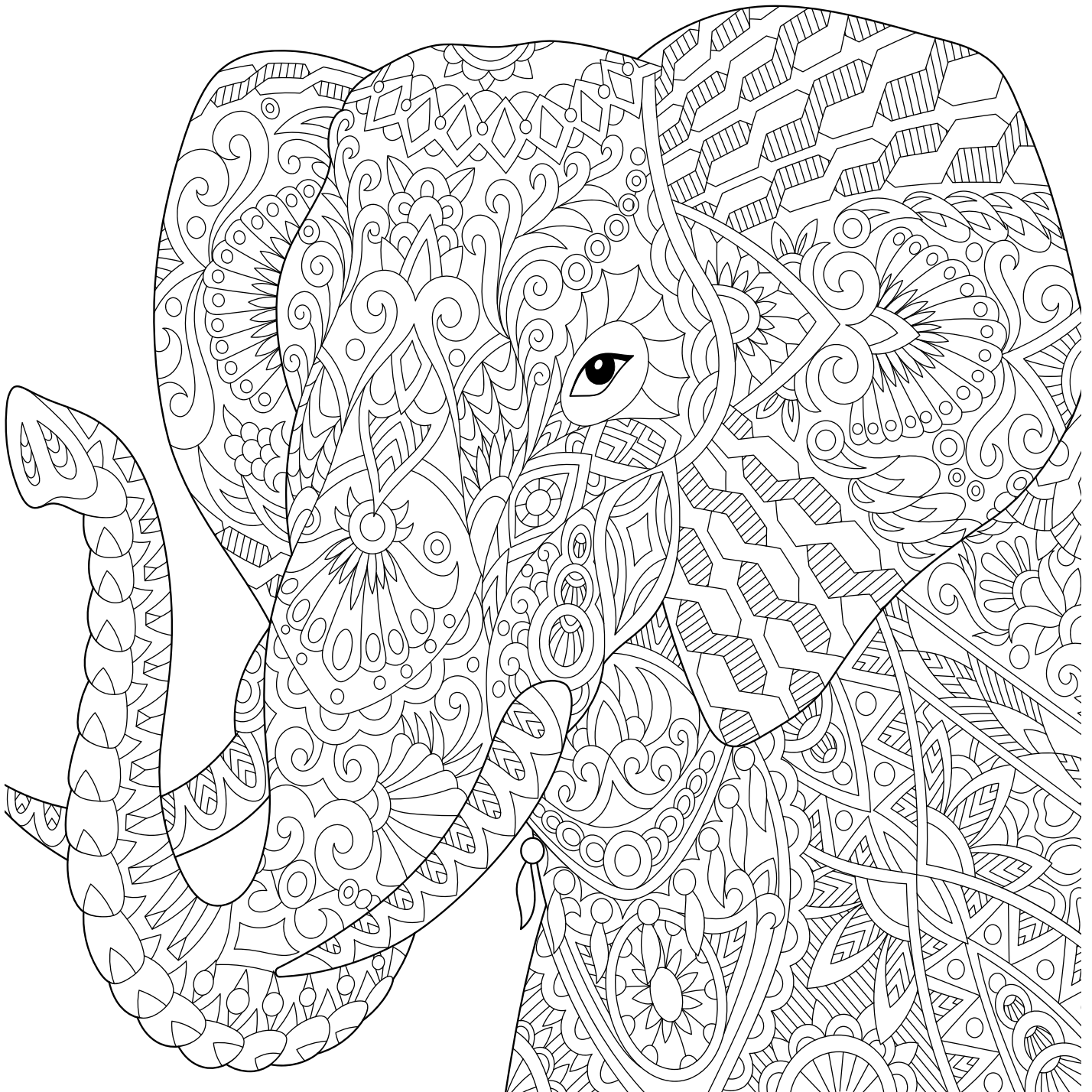


Tick each box when you've tried the yoga pose.



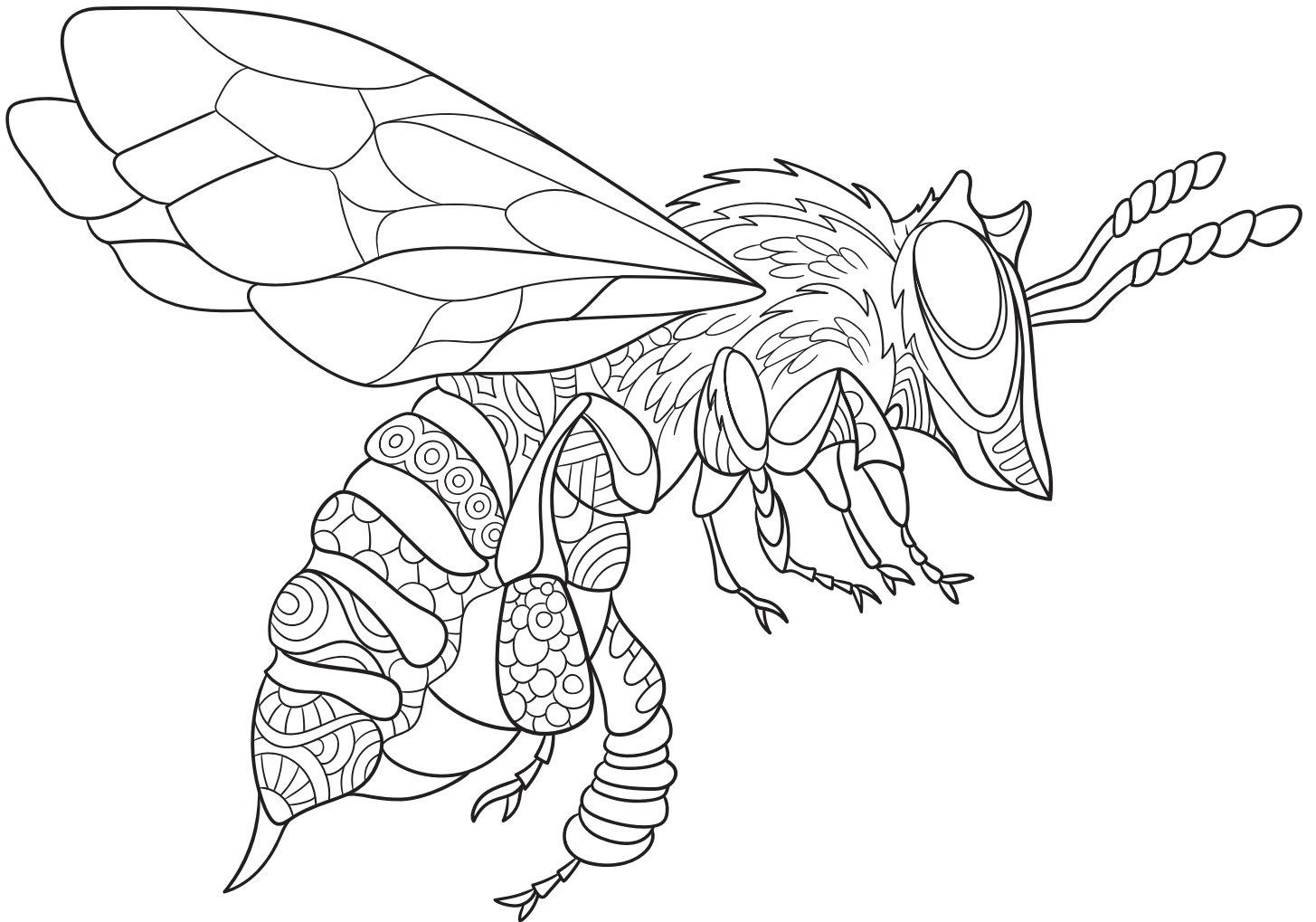
# Colouring Time

Now it's your turn to colour in!



# Colouring Time

Now it's your turn to colour in!



# Colouring Time

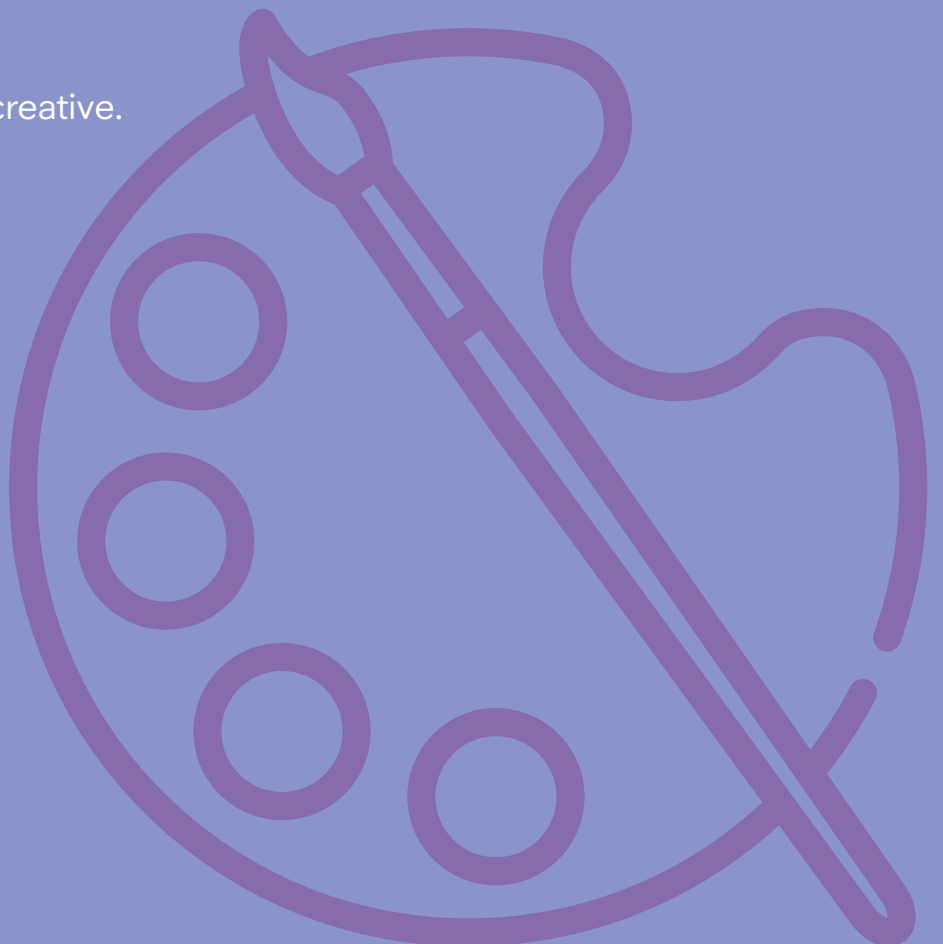
Now it's your turn to colour in!



# CREATE

When we feel unsure and anxious it can help to do something creative to take our minds off things.

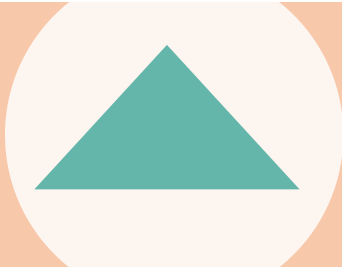
This section will help you get creative.



# MAKE AN ORIGAMI BIRD



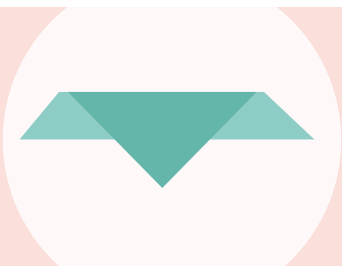
**Step 1:** get a square piece of paper



**Step 2:** fold the top corner to the bottom corner so it looks like this.



**Step 3:** fold part of the top down so the edge is about halfway down. Don't make this flap too thin as it will become the wings.

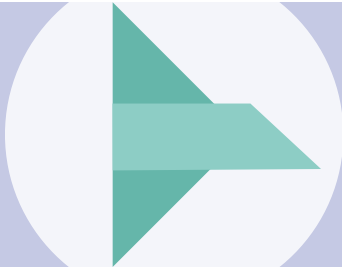
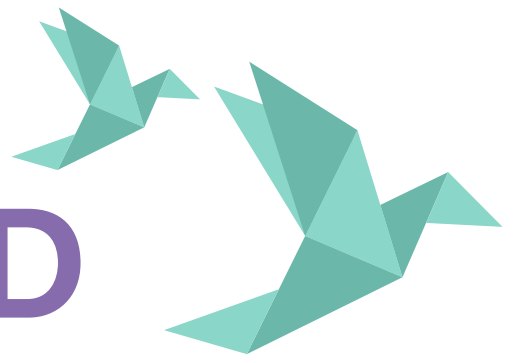


**Step 4:** turn the paper over

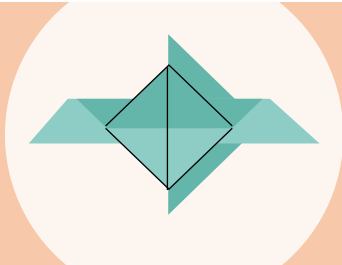


**Step 5:** take the bottom corner of the top layer and fold it up like this.

# MAKE AN ORIGAMI BIRD



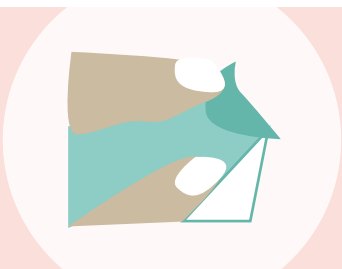
**Step 6:** fold the figure in half by folding the left side over the right side.



**Step 7:** now fold the same flap back like this to make the wing.



**Step 8:** fold the other wing back as well

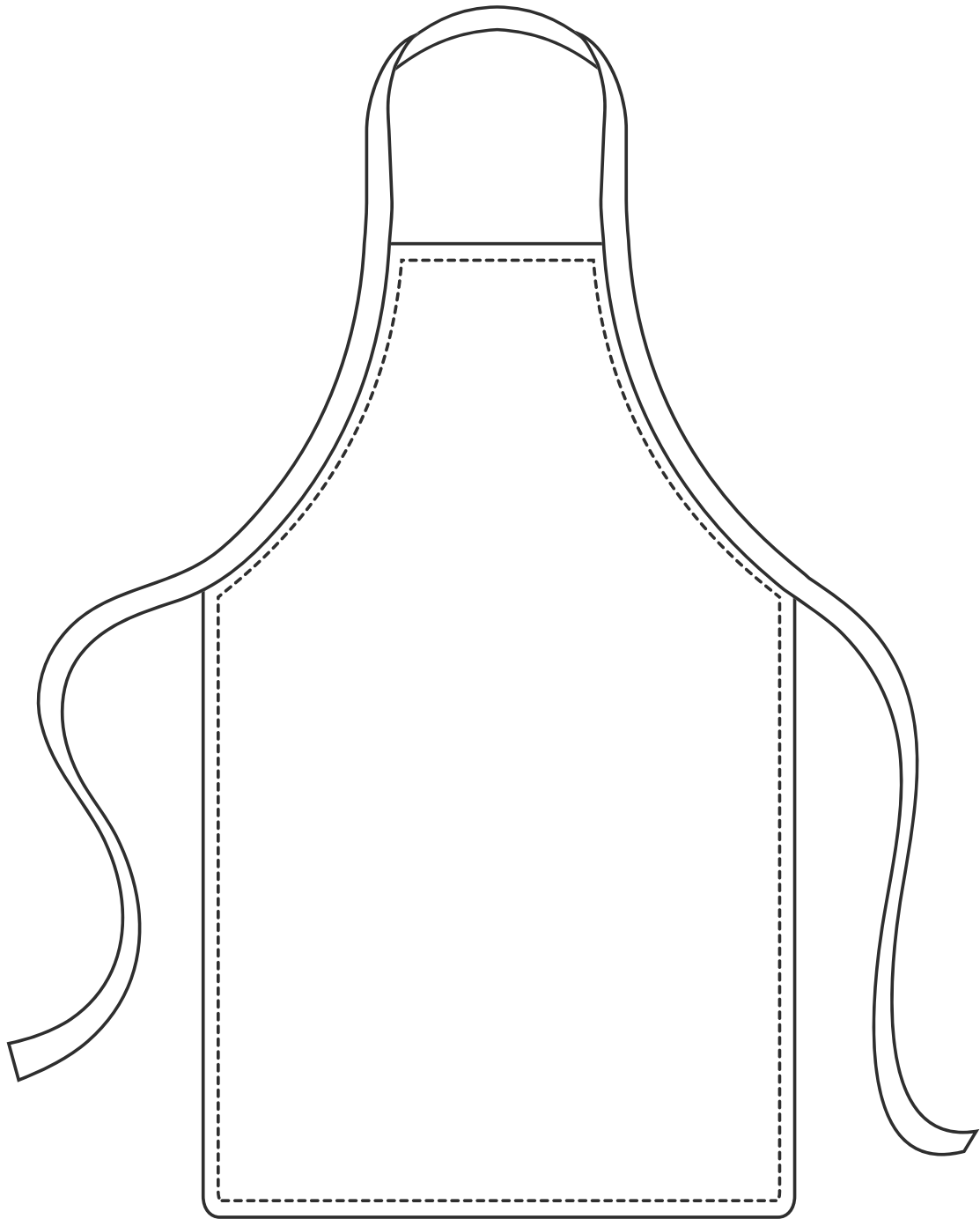


**Step 9:** push the centre of the head in and flatten.



**Step 10:** Well done. You've made an origami bird!

# DESIGN YOUR OWN APRON



Design your own apron using the outline above.  
Why not make it as bright and colourful as you can and bring it with  
you next time you come to the dentist to show them.

# CONNECT

**Connecting with people  
and activities can help  
us to feel happy.**

This section will give you lots of  
ideas to connect



# CONNECTING



It is important to connect with ourselves and those around us every day.

Connecting with ourselves and others can help us to feel calm and happy.



We should try to do at least one thing a day that helps us feel connected such as reading a book, playing with a pet, exercising or talking to friend and family.

# CONNECT WITH OURSELVES

Complete this checklist for the week to make sure you are connecting with yourself every day

**MON**

**TUES**

**WED**

**THURS**

**FRI**

**SAT**

**SUN**

BRUSH  
TEETH X2  
A DAY

☐☐☐☐☐☐☐

KEEP  
OURSELVES  
CLEAN

☐☐☐☐☐☐☐

EAT  
HEALTHY  
FOOD

☐☐☐☐☐☐☐

DO A FUN  
ACTIVITY

☐☐☐☐☐☐☐

HOW ARE  
YOU  
FEELING  
TODAY?  
(CIRCLE IT)

☐

☐

☐

☐

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☐

☐

☐

Show someone who cares for you which face you've circled each day and say why. It's good to be able to talk to others about how we are feeling.

# CONNECT TO OTHERS!

Design a postcard to your friend or family member!  
Include how your day is going or how you are feeling!



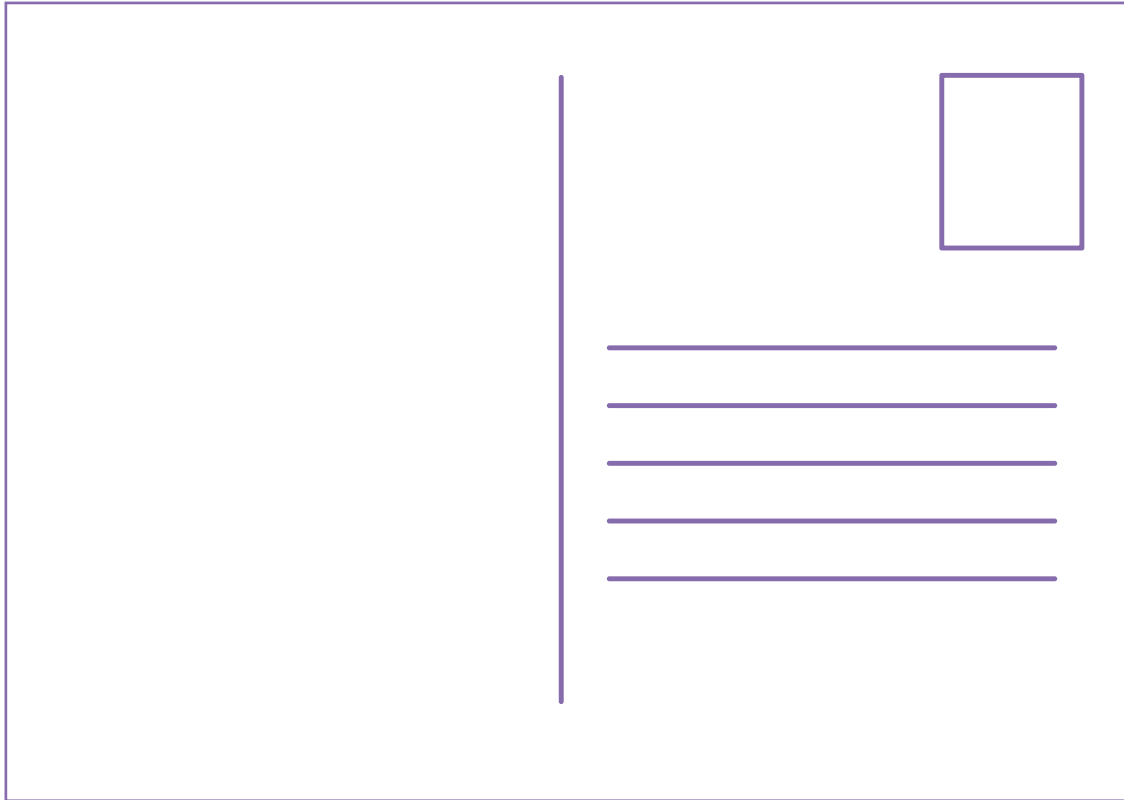
Use the outline on the other page to draw your postcard  
and to write your message.

# *Postcard template*



***FRONT***

# Postcard template



**BACK**

# Colouring Time

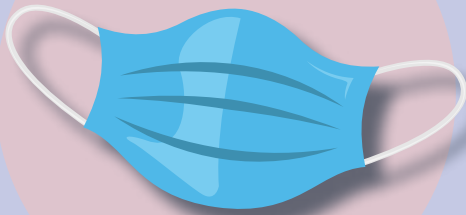
Now it's your turn to colour in!



# PERSONAL PROTECTION EQUIPMENT

## *The importance of PPE*

### *Mask*



Masks protect you and everyone around you. They stop germs from spreading

### *Gloves*



Sometimes when we touch our face we can spread germs. By wearing gloves the dentist can keep their hands clean to look after your teeth.

### *Apron*



Dentists wear aprons to stop germs getting onto their clothes. The apron goes into the bin after they've seen you.

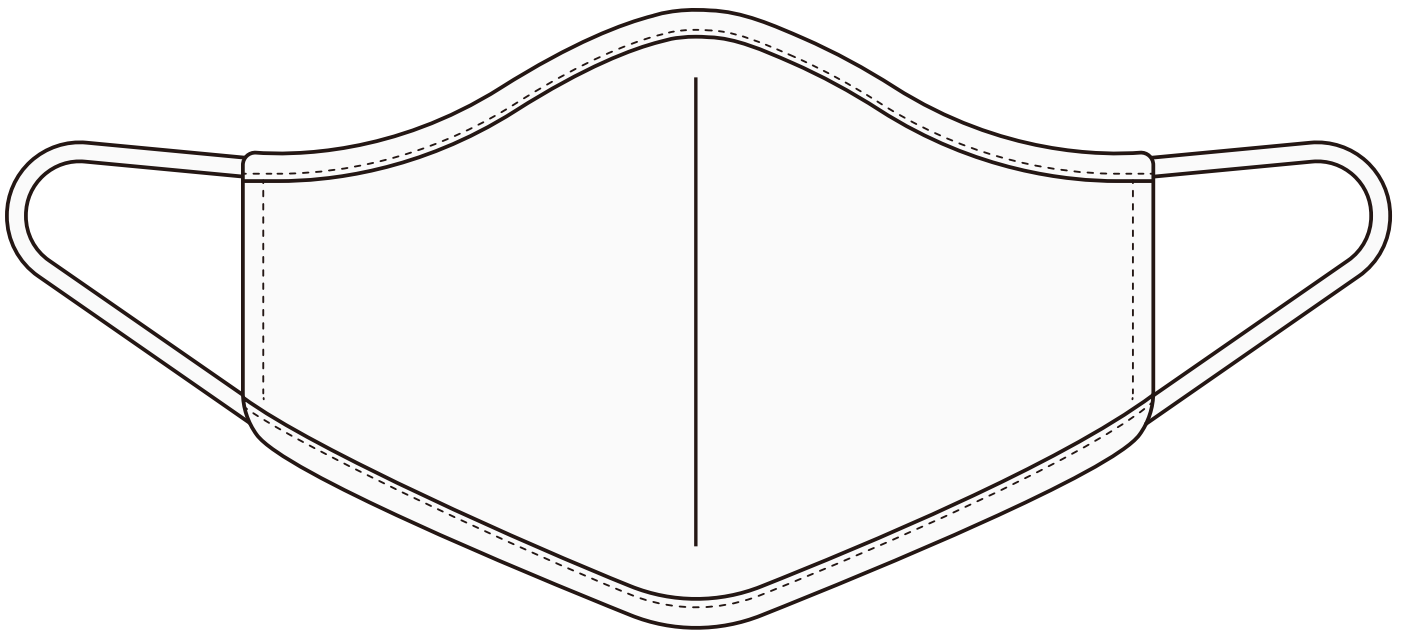
### *Eye protection*



You might see your dentist and nurse wearing special glasses or even a face shield. It can look strange but it's just to stop the germs from coming too close to their eyes. If you ask them we think they may be able to give you a wink.

Your dentist will wear all of these things but it is important to remember they are still people underneath all the PPE

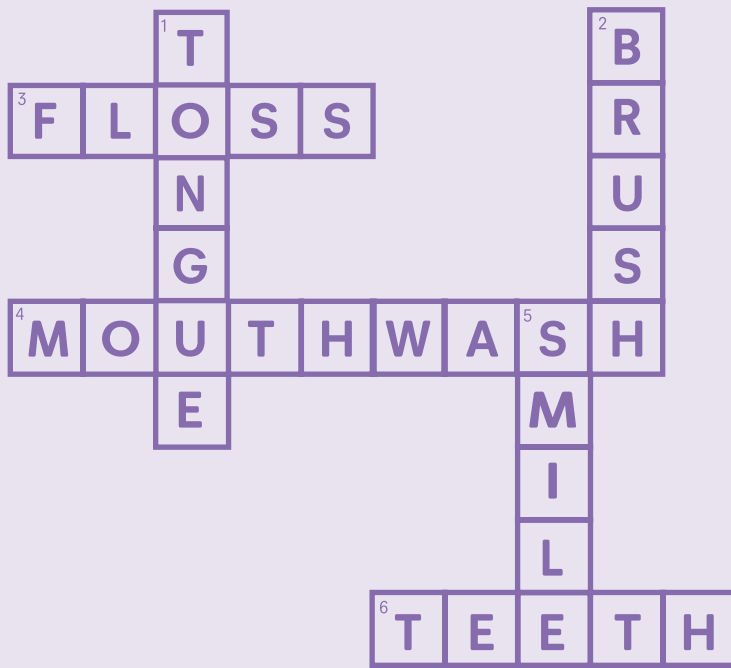
# DESIGN YOUR OWN MASK



USING THE PLAIN MASK, DESIGN YOUR OWN FACE MASK,  
YOU CAN DRAW WHATEVER YOU WANT.

# ANSWER PAGE

## Oral Hygiene ANSWERS



1. Tongue
2. Brush
3. Floss
4. Mouthwash
5. Smile
6. Teeth

## Snacks or mealtimes? ANSWERS

Cakes = cross X  
milk = tick ✓  
carrot = tick ✓  
fizzy drink = cross X  
water = tick ✓  
yogurt = tick (as long as it's low sugar variety) ✓  
strawberry = tick ✓  
cheese = tick ✓  
nuts = tick ✓  
orange juice = cross X

Cut out our postcard, fill it in and bring it along with you next time you visit the dentist.



**I like to be called:**

**My Favourite things are:**

**How I like to communicate:**

**Things that can upset me:**

**Things that help me:**

**Ways you can help me feel comfortable:**





This workbook was created by 2nd year dental students together with Brook Green Centre for Learning as part of their Inter-Professional Engagement Module 2020-2021.

We are piloting this booklet and value your thoughts on it. Please scan the QR code using your phone camera. Open the link and it will take you to a form to share your views with us. The form is anonymous and will only take a few minutes to complete.

