

GOING TO THE DENTIST

The Judd family has an appointment to see the dentist. Will it be a fun or fearful experience? A little information and preparation ahead of time can take the “bite” out of this first time experience.

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Ages: 3 and up

Pages: 15

Themes: New experiences; healthy habits

Good dental care is so important for the overall health of your child. Talk to your child about how healthy eating habits and good brushing habits will help to keep their teeth looking great and staying healthy.

As you read this book with your child, you can give them a glimpse of what it's like to visit the dentist. Sometimes just knowing what to expect can eliminate any fears they may have. After you've read the book, set up a pretend office to “play dentist”. Find an old white shirt for your child to wear as the dentist smock. A small flashlight to look in a patient's mouth can help them to play the role. Whether you're the patient or their favorite doll sits in the chair, you can ask your child if they remember what the dentist did in the book during the examination.

To keep the daily brushing routine fun, either use stickers or draw little toothbrushes or teeth on the daily calendar to show how many times they're brushing. The earlier you start these healthy habits, the easier it is for your child to brush and floss without it being a hassle.

Kittens and puppies
lose their baby teeth, too!