

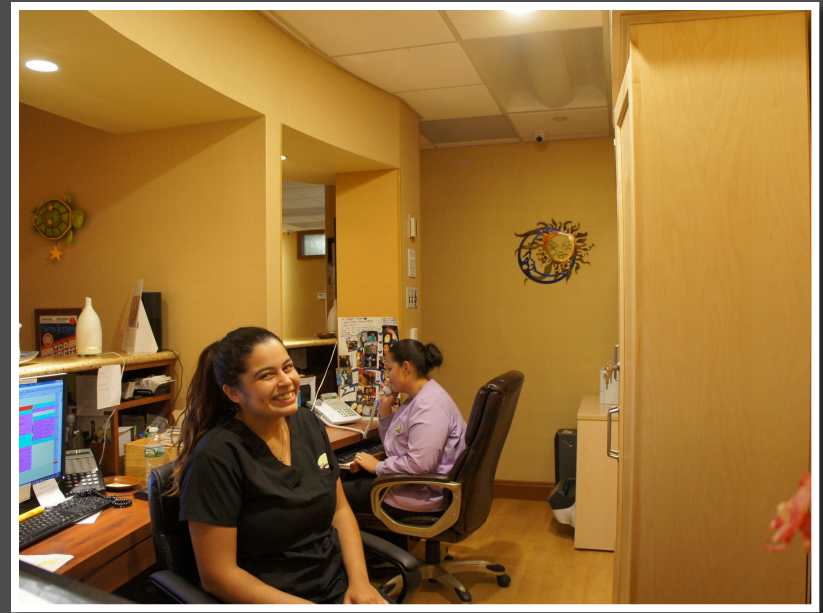
OUR BUILDING



- Mommy or daddy drives me to the dentist office. We park the car in the parking lot.
- In the elevator I press the number “2” for the second floor.



ENTRANCE



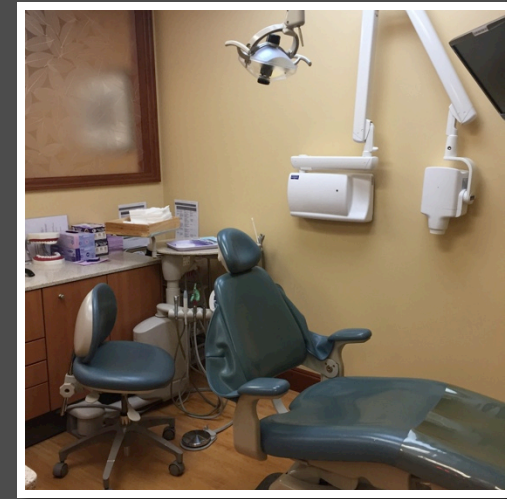
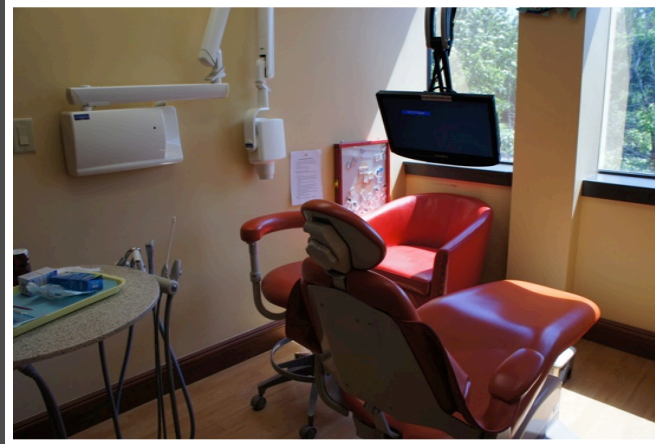
- The office door has a nice sign. I open the door
- I say “hello” to the ladies at the front desk

RECEPTION



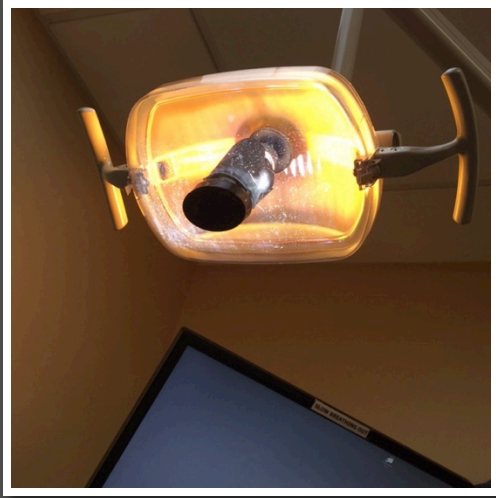
- I play in the reception area. There are many toys and a fish fountain. It smells good.

ROOMS



- I go to the green / blue / orange room.
- It has a chair that is soft and comfortable.
- There is a big TV above it.

Your doctor says “Hello” to me and
I sit down on the chair. I feel
happy and comfortable.



- She turns on the light. It is bright but she gives me sunglasses to wear.
- I say “AHHHH” and open my mouth
- She counts my teeth with a mirror and counter. It is easy and makes a squeaky sound.



- She will use a motorized brush to clean my teeth
- It tickles
- I get to pick the flavor of my toothpaste



- She uses Mr. Thirsty to suck up the water. It makes a buzzing sound and tickles my tongue.
- She puts fluoride to make my teeth strong. I may need x-rays



She sits me up. I feel happy because my teeth are clean and it is time for prizes.
Hooray!!!!



Please bring your “breath practice” to your visit

The goal of “See Stress, Feel Breath” is to teach children the power of breath to possibly reduce anxiety

Learning The Breath Practice:

1) Start with 5 SLOW and DEEP breaths on the first day, as if blowing up an imaginary balloon.

2) Steadily increase to 5 minutes of deep breathing a day

This daily routine is recommended at bed-time.

Have the child self-monitor their breath practice on a calendar.

Remember one cannot learn to deep breathe during a crisis.

Engage daily to build this positive practice (habit).

Once proficient, your child may use this practice during times of stress.

Breath is medicine so gift your child the practice of breath!



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