

# Module 3: “A Visit to the Dentist”

approximate time: 10 minutes

## Key Message

Your dentist is a friendly doctor who will help your teeth stay healthy and strong.

## Student goals

Upon completing this module students should have a basic understanding of a routine dental visit:

- The role of the dentist
- The roles of the dental helpers (receptionist, assistant and hygienist)

## Module Topics (with discussion points and questions)

1. *Why it is important to visit your dentist.* What is a dentist? [A doctor who takes care of teeth and mouths.] How many of you have visited your dentist? Why is it important to visit the dentist? [To make sure your teeth stay healthy and strong.]
2. *The dentist’s office.* What interesting things did you see in your dentist’s office? [Discuss answers, which might include the exam chair, special light, special tools, dental mask and gloves, etc.] Your dentist has all sorts of interesting things in the office. [Distribute *Visiting the Dentist* coloring sheets.] The special chair moves up and down so that people of different sizes can sit in it, and the dentist can see easily into all their mouths. The light helps your dentist see into mouths, too. Your dentist also has some other special things in the office. The little mirror lets your dentist see your back teeth; the “feeler” tool helps the dentist count your teeth; the x-ray machine takes pictures of the insides of your teeth; the bib protects your clothing; and there is even a little hose to spray water into your mouth.
3. *The dental team.* What other people might you see at your dentist’s office? Who else works there? [Receptionist, dental assistant, dental hygienist.] The receptionist works at the desk and greets you when you come in. The dental assistant helps the dentist by getting the exam room ready. The dental hygienist also helps the dentist and may clean your teeth with special cleaners.
4. *The dental exam.* What is your dentist looking for when checking your teeth? [Get several answers.] Yes, your dentist looks for many things. Your dentist counts your teeth, sees if you are brushing properly, checks to make sure your teeth are growing the correct way, and looks for cavities. Your dentist also checks your tongue and the inside of your mouth to make sure they are healthy, too! If you have any questions about your teeth or how to take care of them, ask your dentist. Your dentist is a friendly doctor who wants you to have healthy, shining teeth.

**Summary:** *The dentist is our partner in caring for our teeth.*

**ACTIVITY #8:** Have students complete the activity sheets *Count & Color* and *Finders Keepers*.

## SUPPLEMENTAL ACTIVITIES

1. Make a bulletin board display from magazine pictures showing things that people do using their teeth.
2. Have the children sing along with you to the tune “Row, Row, Row Your Boat”:

*Brush, brush, brush your teeth, brush them every day.  
Keep them bright, make them shine, clean the plaque away.*

*Brush, brush, brush your teeth, brush them every day.  
Front, back, take off the plaque, now we smile all day.*

3. Have the children draw pictures of themselves with big smiles. Display the pictures in your classroom.
4. Invite a dentist to your class. (Dental Organizations often provide a list of speakers. Visit the Dental Organizations section of ADA.org, to search for a State or Local Dental Organization nearest you. <http://www.ada.org/ada/organizations/index.asp>)
5. For more online classroom resources, visit the Students & Teachers section of ADA.org. <http://www.ada.org/public/education/index.asp>
6. Distribute *Oral Care Calendar* to students. Create an incentive program for students who bring in completed calendars.

## SUPPORT MATERIALS: CHARTS AND DIAGRAMS

- *How to Brush*
- *Primary Tooth Development*
- *Old and New Toothbrushes*
- *Adult and Child-size Toothbrushes*
- *Oral Care Calendar*

## STUDENT ACTIVITY SHEETS

- *Count & Color*
- *Visiting the Dentist*
- *Finders Keepers*

**Additional educational materials are available for purchase by calling 1-800-947-4746 or by visiting [www.adacatalog.org](http://www.adacatalog.org).**



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