

Activity: Make a dental visit

What you need

- ★ A large white napkin or paper towel (to be a bib around the neck)
- ★ String
- ★ Textas, crayons, paint, coloured paper, stickers

What to do

Children can make their own bib to wear.
Decorate the bib creatively.
Make a hole in the paper towel and thread the string.

Ask children:

Talk to the children about visiting the dentist.
The dentist is a friendly doctor who helps us take care of our teeth.
The dentist helps us keep our teeth strong and healthy.
The dentist and helpers wear gloves to keep their fingers clean. They might wear a mask - but these are not scary masks.
You might wear a special bib and sunglasses.
We open our mouths wide so the dentist can look at our teeth and count our teeth. The dentist might use a light so they can see our teeth.



Key messages for children

- ★ It's good to have your teeth checked by a dentist
- ★ The dentist is a friendly doctor who helps you take care of your teeth
- ★ Visiting the dentist is an important part of keeping our teeth healthy

Note: The term 'dentist' has been used for simplicity. Children could also be seen by a dental therapist or oral health therapist.

