

Your pals at the dental office

Have you heard that dogs are people's best friends? Buddy says it's true! You'll also find great friends at your dentist's office. Visit them regularly. Here's what these friendly people do to help keep your smile healthy.



Dental hygienist

- Takes X-rays of your mouth.
- Looks for problems with your teeth and gums.
- Cleans your teeth to help prevent cavities. Talk about a good idea!



Dentist

- Finds and fixes any problems with your teeth.
- Talks to you about taking good care of your teeth.
- Helps prevent problems before they happen. That's pretty amazing!

The people at the dentist's office are here to help you. They work with kids all the time, so they know how to keep you comfortable. They will let you know what to expect. And they are happy to answer your questions.

Here are some other ways to be more comfortable when you visit the dentist:



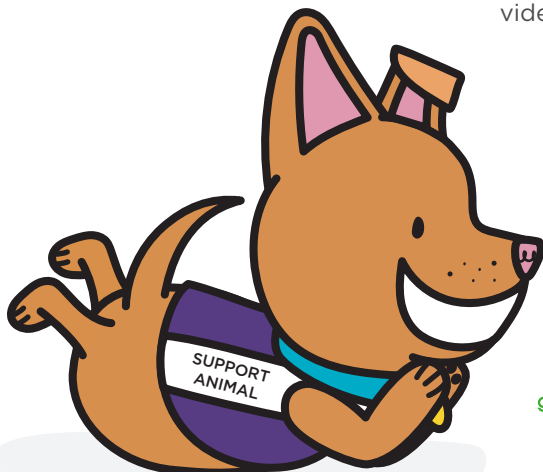
Ask a grown-up if you can bring a toy or music with you.



Your dental office may have a TV or movie to watch. (Buddy likes videos with dogs and cats!)



A few dental offices even have therapy dogs to pet. That makes everyone feel good.



When you visit your pals at the dentist's office: Sit. Stay. Good boys and girls!