I am going to Birmingham today to visit the dentist.

Birmingham is a big city with lots of cars and tall buildings.
The dentist’s office is inside this white building.
To get to the dentist’s office I have to take the stairs or an elevator.
When I get downstairs, we have to check in, and sign my name at a desk in this room.
Next, I will walk down a long hall. There are lots of colorful fish on the walls in this hall.

The dentist’s office is at the end of this long hall.
There will be other people and patients sitting nicely in the waiting room.

I can sit nice and quiet like the other patients who are waiting for their turn with the dentist.
There are many nice people that work at the dentist office.

Ms. KeKe works at the front desk, makes appointments, and helps clean teeth.
The first time I go to the dentist, the doctor will talk to me and my grownup.

I will sit still and be quiet while the dentist and my grownup talk.
When we are done talking, I will go into the clinic.

The dentist has a special chair and light that help count and clean my teeth.
These chairs are fun!
They move up and down and lay flat.

The dentist will tell me before he moves the chair.
When I walk in I will meet the dentist and the dental helpers.

They will be wearing gloves and a mask to make sure everything is clean; they are very nice people.
I will sit in the chair with my hands on my stomach and with my legs out straight.
I open my mouth wide so the dentist can count my teeth.
The dentist uses a mirror and a tooth counter to count my teeth.

I sit still while the dentist counts my teeth.
The mirror and tooth counter look like this...
The tooth counter makes noise as the dentist counts.

If it finds a cavity it will make a sound and stick in my tooth.
The dentist uses a special camera and paper to take pictures of my teeth.

I open my mouth and let the dentist put the paper by my teeth. The paper is soft and will not cut my mouth.
I have to sit still and bite on the paper until the dentist tells me I can move.

It does not take long to take a picture of my teeth, after I hear a beep, the picture is done.
Next, the dentist will clean my teeth.

The toothbrush is different than my toothbrush at home.
This toothbrush makes a buzzing noise and tickles my teeth while they are being brushed.

The toothpaste the dentist uses taste good and feels gritty.
The dentist has a special straw. I can hold the special straw while I get my teeth cleaned.

I can hold the special straw while I get my teeth cleaned.
The straw takes water out of my mouth when I close my lips around it.

This straw is different, it makes noise and feels funny when I have my lips closed around it.
After brushing my teeth the dentist will floss my teeth and paint vitamins on my teeth.

The vitamins are very sticky, but they help me.
When I sit still, open my mouth, and help the dentist I get a prize.

The dentist has stickers and goodie bags.
After I get my teeth cleaned I wait quietly while my grownup gets another appointment.
The dentist is my friend.

Having my teeth cleaned is easy and fun!