

## My Dental Clinic at School



Today is a special day!

Some friendly dental helpers are coming to school.

They are here to help keep my teeth strong and healthy.

## Who Will I See?



I will meet a dental hygienist or a volunteer.

They wear a mask and gloves to keep everything clean.

They are very nice and want to help me.

## What Will Happen?



I will go to a quiet room or hallway with my teacher or a helper.

I will open my mouth, and the dental hygienist will lightly pull my cheek out.

The hygienist will use a bright light and mirror to look at my teeth.

I will tell the dental hygienist if any of my teeth hurt.

The dental hygienist or volunteer will use a small brush to paint something on my teeth.

## What is That?

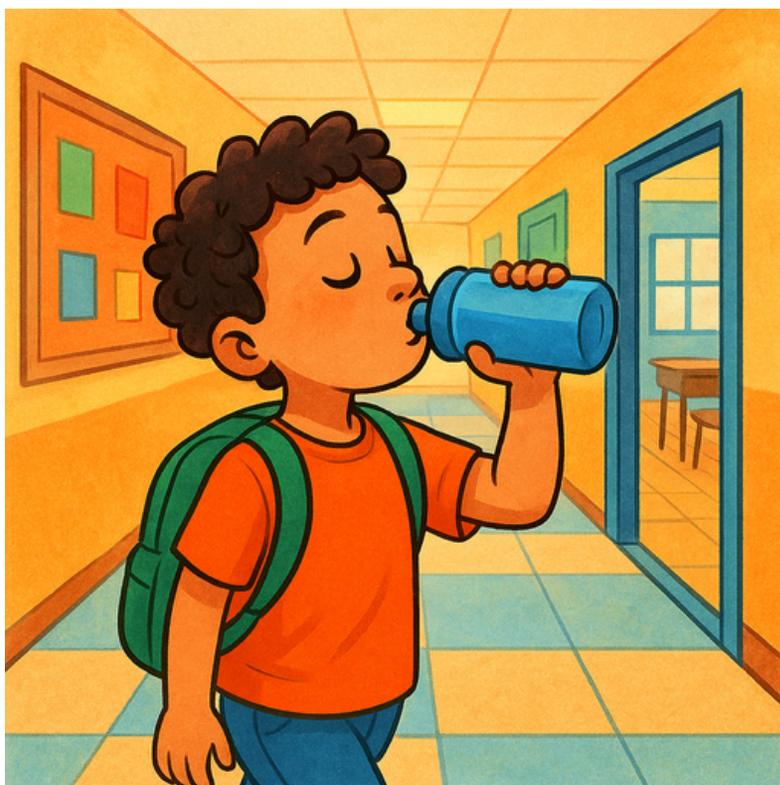


It's called fluoride varnish.

It might taste a little like bubblegum!

It helps protect my teeth from getting cavities.

## How Will it Feel?



The fluoride varnish might feel a little sticky at first. That's okay!

It will dry quickly, and I can take a drink to help with the taste or feeling.

Then, I will go back to class.

## What Happens Next?



After the fluoride is on my teeth: I can eat and drink like normal!

I will brush my teeth tonight before bed.

If the dental hygienist sees something that needs help, they will tell my parents so I can go to the dentist.

## Why is This Important?



Getting fluoride varnish helps keep my teeth strong and healthy.

Healthy teeth help me smile, eat, and feel good!

## I Did a Great Job!



When I'm all done, I  
can feel proud of  
myself.

I took care of my  
teeth today!