Hooray, hooray! It’s dentist day! I put on my shoes and zip up my coat. My mom sings a song as we drive along:

*Every day we all must brush,*

*Even when we’re in a rush.*

*Eating healthy all year long,*

*Helps keep our teeth super strong.*

*Count them,*

*Clean them,*

*Make them shine;*

*The dentist is a friend of mine!*

At the dentist’s office, I sit on Mom’s or Dad’s lap. Then Dr. Lisa comes in.

She checked my gums when I was just a baby. Now she counts my teeth.

The chair goes up and she shines a light into my mouth to help her see if my teeth are healthy.

She cleans my teeth with a tool that spins and buzzes. *Oops!* She gets my chin wet. Now my smile is all sparkly. Thank you, Dr. Lisa. I promise to brush two times a day for two minutes. See you next time!
WHAT IS **GOOD** FOR MY **TEETH**?

Color or circle the pictures of things that help keep your smile healthy.

WHAT MAKES ME SMILE?

Draw a picture of something that makes you smile.