Emi Goes to the Dentist

Proud Moments ABA



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Proud Moments ABA

A Note for Grown-Ups

Going to the dentist can be exciting, unfamiliar, and sometimes a little overwhelming. There are new people to meet, bright lights, unusual sounds, and tools that may feel different inside a child's mouth.

This story follows Emi as she explores a dental visit, discovers some things she likes and others she doesn't, and learns that it's okay to ask questions, take breaks, and try things at her own pace.

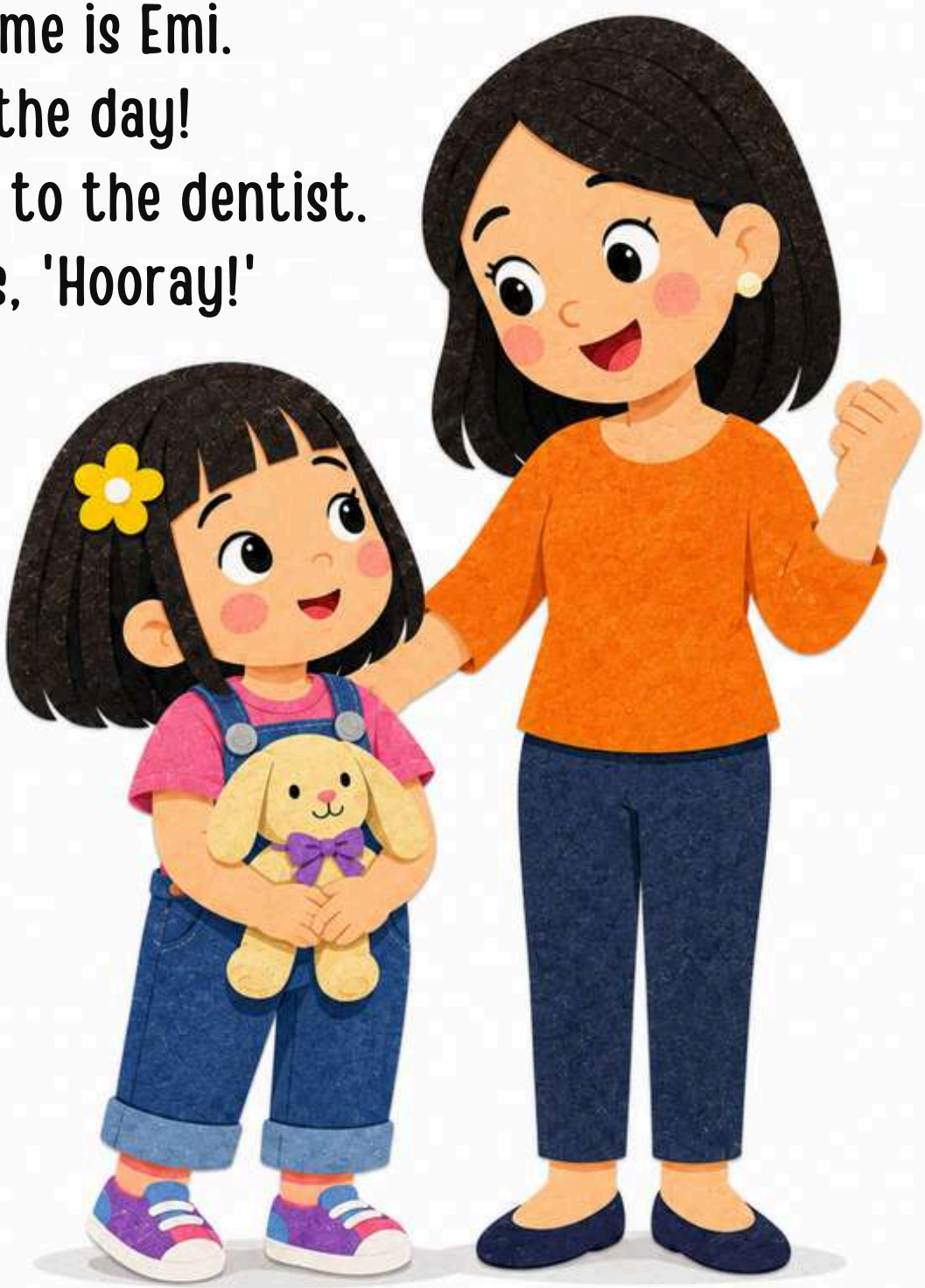
Read this story together before an appointment. Talk about what Emi sees and feels, practice asking for a break, and explore helpful tools like headphones, comfort items, or watching a demonstration before trying something new.

Every child and every dental visit is different. Some children may complete a full cleaning, while others may take smaller steps toward becoming comfortable.

Celebrate the effort, the communication, and the little moments of progress along the way.



Hi! My name is Emi.
Today is the day!
I'm going to the dentist.
Mom says, 'Hooray!'



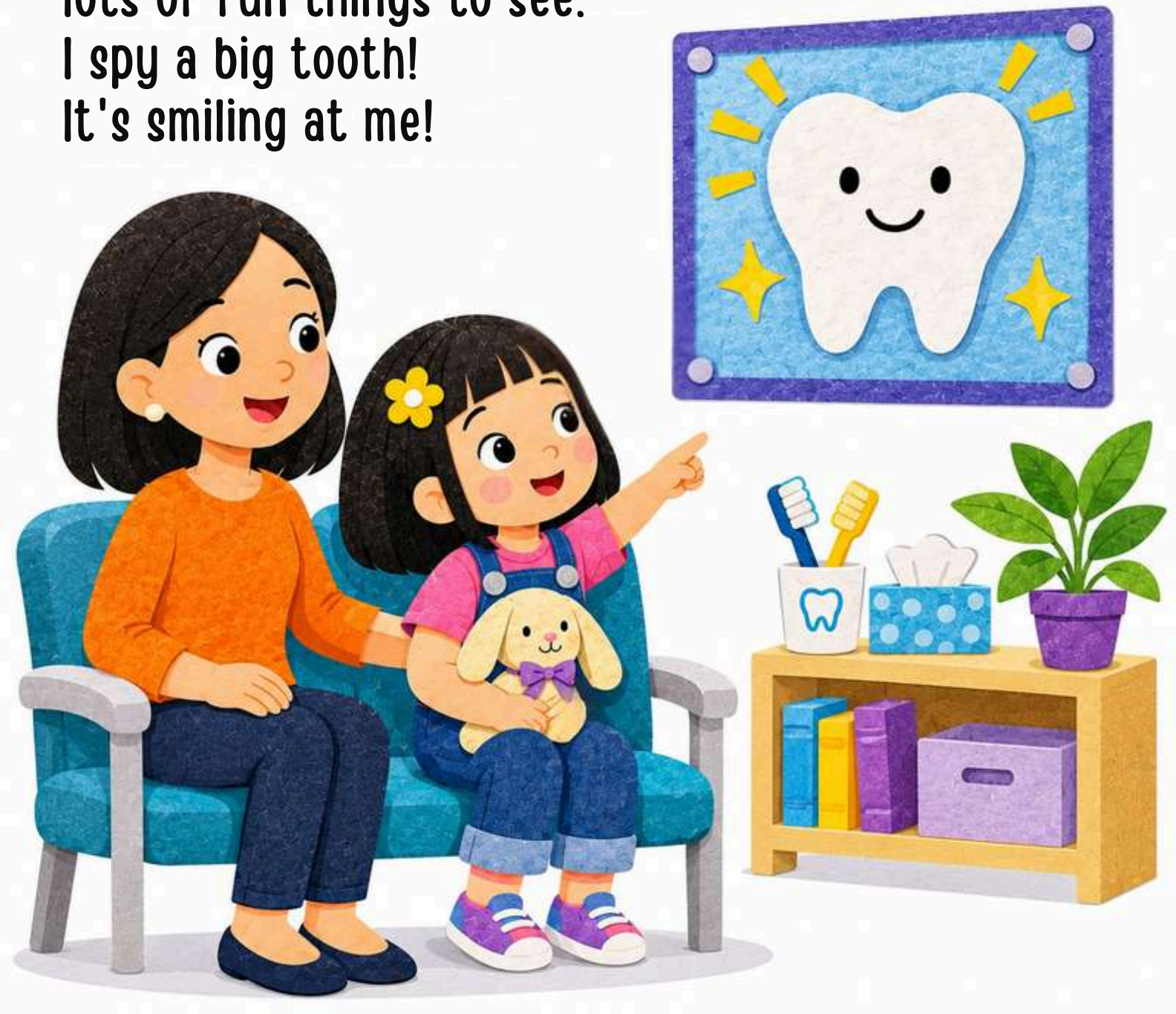
"What will happen there?"
I ask Mom on the way.
"Let's find out together,"
She smiles and says.



When we walk inside,
I look all around.
I see colorful pictures.
I hear a buzzing sound.



The waiting room has
lots of fun things to see.
I spy a big tooth!
It's smiling at me!



A friendly nurse helper
Brings me into the room.
"Come see our special chair!
I can make it go zoom!"



The chair goes up.
The chair goes down.
It leans way back
And turns me around!



The dentist says, "Hello!
I'm glad you're here today.
I'll show you all my tools
Before we start, okay?"



He shows me a mirror,
So tiny and bright.
It helps him count my teeth
And check that they're all right.



A big light shines above me.
"It's too bright!" I say.
He moves it just a little.
"Is this better?" "Okay!"



I open my mouth wide.
He counts my teeth inside.
"One, two, three, four!"
I smile with pride.



Next comes a little brush.
It makes a buzzing sound.
"Hmm... I don't like that!"
I say with a tiny frown.



'Can we take a break?' I ask,
as I raise my hand.
'Of course!' says the dentist.
'That's a very good plan!'



I hug my bunny tight.
I take a breath or two.
We try a little brushing.
"Hey! I did that, too!"



My visit is all finished.
I give a great big grin.
Some things felt a little funny,
but I'm proud I tried them!



Emi's Dentist Visit – I Spy!

Help Emi find five things at the dentist: a toothbrush, a dental mirror, a smiling tooth, a dental light, and her stuffed bunny.













How Does Emi Feel?

Point to Emi feeling curious, nervous, surprised, uncomfortable, and proud.



Curious



Nervous



Surprised



Uncomfortable



Proud

Find the Matching Dental Pairs





















Going to the dentist can feel new, bright, and a little noisy.

Emi Goes to the Dentist is a gentle, rhyming story that helps children explore a new experience, share what feels comfortable, and ask for a break.

With help, brave tries, and caring grown-ups near,
children can take small steps at their own pace.
Every little step is worth celebrating.



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