



EVERYDAY LEARNING • HEALTH

Going to the Doctor and the Dentist

Social stories, pretend-play kit, and bravery chart • ages 2 to 5



social
stories



pretend-play
kits



teddy bear
to care for



bravery
chart

Child's name: _____

For parents and teachers

Fear of the doctor and dentist usually comes from **not knowing what to expect**. A social story calmly explains, step by step, what will happen. Read the story several times in the days before the visit, and play doctor with the kit: when children play the doctor, they feel in control.

How to use the pages

- p. 2–3 Social stories:** read slowly, pointing at the pictures. Fill in the doctor's or dentist's name if you know it.
- p. 4–5 Pretend-play kits:** cut out the pieces with a grown-up. Use card stock or glue them to cardboard so they last.
- p. 6 Take care of Teddy:** the child is the doctor. They color the bear, fill in the chart, and stick on bandages.
- p. 7 Bravery chart:** bring it to the visit and color a star for each step. Practice the bravery tricks beforehand.
- p. 8 Certificate** and helpful phrases for the visit.

Be honest: avoid saying “it won't hurt at all” if there might be a shot. It's better to say it may hurt a little, that it passes quickly, and that you'll be right there. And never use the doctor or a shot as a threat.

Going to the Doctor

A story to read together, slowly, before the visit.

My doctor's name is: _____

1



Today I'm going to the doctor. The doctor helps me grow up healthy.

2



In the waiting room, I wait for my turn. I can play or read a book.

3



The doctor measures how tall I am and how much I weigh, to see how much I've grown.

4



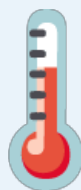
The doctor listens to my heart with a stethoscope. Thump-thump, thump-thump!

5



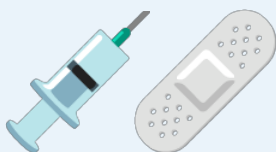
The doctor looks in my ears and my throat. I open my mouth and say "aaah".

6



Sometimes the doctor takes my temperature with a thermometer. It doesn't hurt.

7



Sometimes I get a shot. It might hurt a little, and it's okay to cry. The hurt goes away soon.

8



The visit is over! I go back home. I was very brave!



3

Going to the Dentist

A story to read together, slowly, before the visit.

My dentist's name is: _____

1



Today I'm going to the dentist. The dentist takes care of my teeth.

2



In the waiting room, I wait for my turn with someone I love.

3



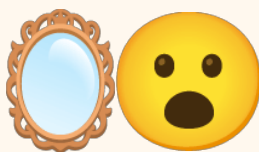
I sit in a special chair. It goes up, down, and leans back, like a ride!

4



There's a bright light up above. Sometimes I get to wear sunglasses.

5



The dentist counts my teeth with a tiny mirror. I open my mouth really wide!

6



The dentist may clean my teeth with a little brush that goes zzzz and tickles.

7



If I need a break, I raise my hand. The dentist will wait.

8



All done! My teeth are nice and clean. I was very brave!



4

Doctor kit

Cut out with a grown-up and play doctor! The bandages are for Teddy on page 6.

DOCTOR



Name: _____

draw yourself



Prescription



For: _____

Take 3 times a day (check):

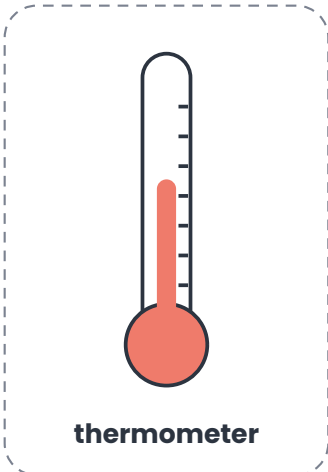
☐  hug

☐  nap

☐  water

☐  play

Doctor's signature: _____



Teddy's vaccine card



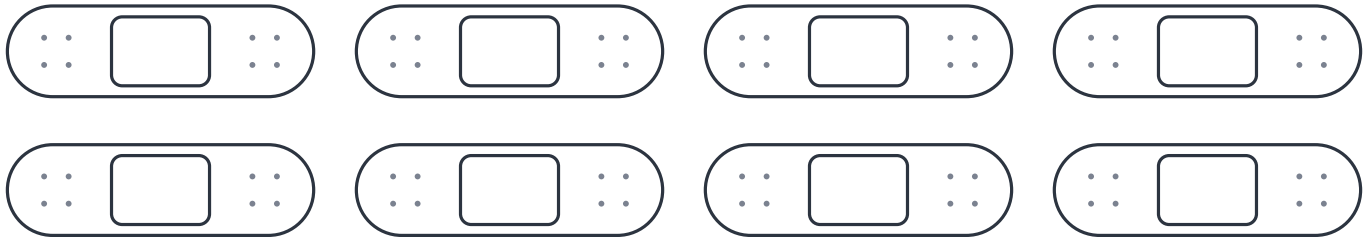






color a star for each shot

Bandages to color and cut out



Tip: tape the bandages onto Teddy on page 6 or onto a stuffed animal.

 cut along the dotted line

5

Dentist kit

Cut out and play dentist! Count the patient's teeth with the mirror.

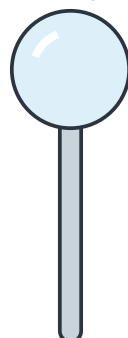
DENTIST

draw yourself

Name: _____



mirror

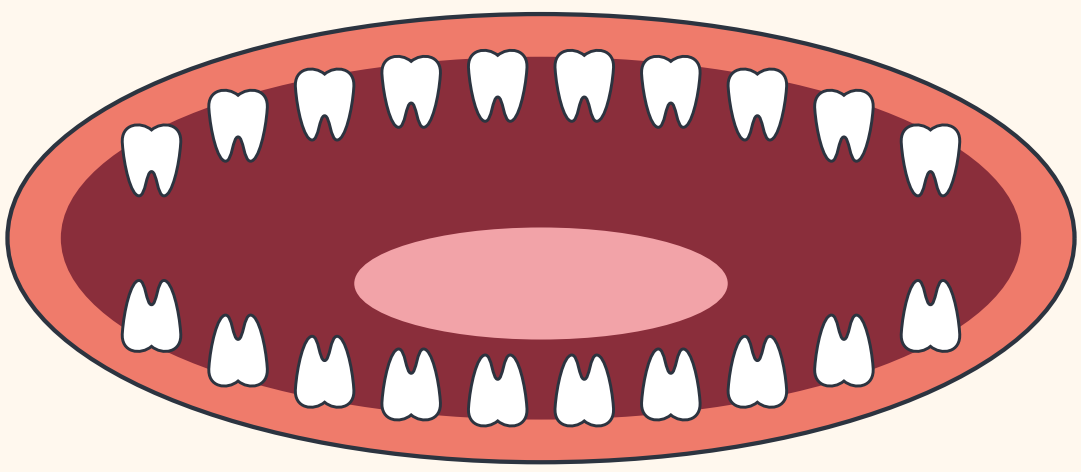


toothbrush



The patient's mouth

Count the top and bottom teeth. Color one "dirty" tooth yellow, then "brush" it!



Top teeth: _____ Bottom teeth: _____

Did you know? Little kids have 20 baby teeth: 10 on top and 10 on the bottom.

My clean-teeth week

Color a tooth every time you brush your teeth.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
 morning							
 night							

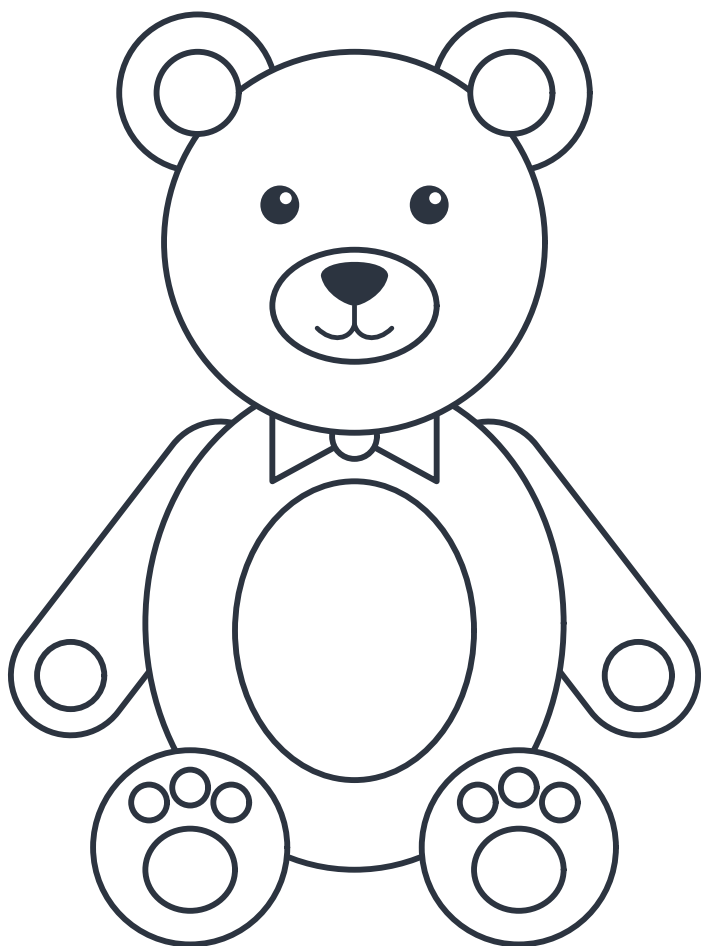
✂ cut along the dotted line



6

Take care of Teddy

Now you're the doctor! Color Teddy, add bandages, and fill in the chart.



Patient chart

Name: _____

Age: _____

How does Teddy feel?

tummy ache

a cold

scraped knee

toothache

scared

What did the doctor do?

listened to the heart

looked at the throat

checked for fever

gave a bandage

Pretend medicine:

hug

nap

water

cuddle

Was Teddy brave?



Idea: let your child "examine" you too. Switching roles helps them understand each part of the visit.



7

My bravery chart

Bring it to the visit. Color a star for each thing you did!

Name: _____

Date: _____



I went into the exam room



I sat in the chair or on the exam table



I let the doctor listen to my heart



I opened my mouth really wide



I let the dentist count my teeth



I was brave for my shot



I used a bravery trick



I waved goodbye at the end



Bravery tricks

Practice at home before the visit!



Smell the flower

Breathe in slowly through your nose...



Blow out the candle

...and blow out slowly through your mouth.



Squeeze a hand

Squeeze the hand of someone you love.



Bring a friend

Your stuffed animal can come too!

After the visit, we're going to: _____

Ideas for a treat that isn't candy: the playground, reading a story together, a video call with grandparents...

