Bella's Big Open Wide Pack

A bright little pack for dentist visits and dentist wobbles



Looking counts. Asking counts. Trying counts.

A gentle Collyvale pack for practicing, preparing and taking things one little step at a time.

Collyvale
A little place for big feelings.

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A little note for grown-ups

Helping a dentist visit feel more familiar before you go

A first dentist visit can feel very new: a different room, a big chair, bright lights and unfamiliar faces. Talking through what might happen, looking at pictures and playing dentist at home can make the visit feel more predictable.

Before you go

- Talk calmly and simply about the visit. Avoid promises such as "it won't hurt."
- Let your child know they can ask questions and can ask for a pause.
- Choose a time of day when your child is usually comfortable and rested, where possible.
- Practice opening wide, counting teeth and sitting back using play.

Useful dental basics

The American Academy of Pediatrics advises a first dental visit when the first baby tooth appears, or by age one. If your child has a toothache or swelling, or a tooth is knocked out, chipped or broken, contact a dentist for advice.

Read Bella's story

Bella and the Very Big Open Wide – A Collyvale Story
A gentle story about a very big dentist wobble. Find Bella at collyvale.com.

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Meet the dental team

Friendly faces and a few things Bella might see in the room



Dr. Pearlwhistle

Dr. Pearlwhistle likes to explain what is happening and count teeth gently.



Miss Floss

Miss Floss helps the room feel friendly and has colorful sunglasses ready.



Big chair



Bright light



Little mirror



Sunglasses

A visit may look a little different each time. It is always OK to ask what something is for.

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What might happen at my checkup

I can read these steps with my grown-up before we go



1

I arrive with my grown-up.



2

I wait. I might look at a book.



3

I climb into the big chair.



4

The chair might lean back.



5

I open wide when I am ready.



6

The dentist might use a little mirror.



7

I sit up. All done!

I can ask a question. I can ask for a pause.

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Let's practice at home

Play can make new things feel more familiar





Find my smile

Look in a hand mirror. Can you find your front teeth? Count a few if you like.

Play dentist

Teddy can have a turn first. Look at his smile, count his teeth and tell him what happens next.

The Big Open Wide game

Open wide together and slowly count to 5. Stop whenever you want. You can try again another day. There is no need to make it a test.

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Bella's brushing chart

Morning and night – one week of little brushing steps

Add a check mark, sticker or little mark after brushing. The chart is for encouragement, not perfection.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning	○	○	○	○	○	○	○
Night	○	○	○	○	○	○	○

For grown-ups

- Brush twice a day for about 2 minutes.
- Brush right before bed and at one other time each day.
- Use fluoride toothpaste: a smear up to age 3; a pea-sized amount from age 3 to 6.
- Spit after brushing – don't rinse.
- Children need help or supervision with brushing until at least age 7.



Under 3: a smear



Ages 3–6: a pea-sized amount

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Brush, brush, brush!

A simple way to remember all the tooth surfaces

Outsides

Small gentle circles on the outside surfaces.

Insides

Remember the inside surfaces too.

Chewing tops

Brush the tops where we chew.

Top + bottom

Take your time around every tooth.

Spit

Spit out the toothpaste – don't rinse.



Bella's brushing rhyme

Round and round, the front and back,
Chewing tops and every crack,
Gentle brushing, nice and slow,
Spit, don't rinse – and off we go!

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Happy teeth

Food and drink can be enjoyed without making it a worry



Water

Water is a tooth-friendly drink between meals.

Milk

Plain milk is a good drink for teeth too.

Mealtimes

Eating at mealtimes gives teeth a rest in between.

Sweet things

Sweet foods can be enjoyed. Keeping them to mealtimes reduces how often teeth meet sugar.

No food needs a sad face. Teeth simply like a little rest between sugary moments.

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Wobbly feelings are allowed

A dentist wobble does not mean I am doing anything wrong

I can hold Teddy.

I can ask what’s happening.

I can take a slow breath.

I can raise my hand for a pause.

It’s OK if I need more time.



My dentist wobble plan

I might take _____ with me.

My grown-up can help by _____.

If I need a pause, I can _____.

Something that helps my wobble is _____.

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COLLYVALE CERTIFICATE

BIG OPEN WIDE!

This certificate belongs to

_____

for visiting the dentist and giving it a try.



Date: _____ Grown-up: _____

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