



Dentist for the Day

A Fun, Confidence-Building Oral Health Activity



OBJECTIVE

Teach children that visiting the dentist is a positive experience and encourages lifelong healthy oral care habits.

PROGRAM OVERVIEW

An interactive oral health education activity designed to help children feel comfortable about visiting the dentist while learning the importance of healthy teeth and gums. Participants step into the role of a dentist, perform a pretend oral health checkup, and practice caring for a patient's smile. This easy-to-run program is ideal for schools, youth groups, health fairs, afterschool programs, libraries, and community events.



ArkansasFoundation



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A visit to the dentist helps every smile shine brightly! Dentists are helpers who keep smiles healthy. Regular dental visits and daily brushing habits help prevent cavities and keep teeth strong.

SUPPLIES NEEDED

Plastic dental mirrors • Plush tooth character, doll, or stuffed animal (patient) • Toothbrushes • Timer or clock • Gloves (optional for role play) • Small table or station setup • Stickers or certificates (optional)

DIRECTIONS

Step 1: Welcome to the Dental Office

Explain that dentists help keep smiles healthy and strong. Dental visits are positive, helpful, and never something to fear.

Step 2: Become the Dentist for the Day

Give each child a plastic mirror and a plush patient.

Step 3: Perform an Oral Health Checkup

Ask the child to look at the patient's teeth and gums while discussing what healthy mouths look like:

- Healthy teeth are **white and clean**
- Healthy teeth grow **straight and strong**
- Healthy gums are **pink and fit snugly around teeth**

Step 4: Spot Dental Problems

Teach children signs that teeth may need care:

- A cavity may have a dark spot and sometimes cause pain
- Teeth that need cleaning may have yellow buildup called plaque

Step 5: Give Healthy Smile Advice

Have the child remind their patient to:

- Visit the dentist every 6 months for cleanings and exams
- Brush twice a day for two minutes
- Floss every day

Step 6: Brush the Patient's Teeth

Let the child brush the patient's teeth while counting or timing for two minutes.