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Recommended Citation

American Dental Association, "Tommy's First Visit to the Dentist (1952)" (1952). *Patient Dental Health Education Brochures*. 311.

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**Tommy's First
Visit to
the Dentist**



TOMMY'S FIRST VISIT TO

Photography by GORDON COSTER

AMERICAN DENTAL ASSOCIATION

222 EAST SUPERIOR STREET, CHICAGO 11, ILLINOIS

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THE DENTIST

TO PARENTS

This true story of a boy's visit to a dentist has been told, with pictures, to help parents and children understand just what to expect on a child's first visit to the dentist. We all know that much difficulty will be spared the child later if he learns early that trips to the dentist are interesting experiences and that the dentist is a friendly person, helping him to have a healthy mouth.



HEN Tommy was three years old, he could brush his teeth all by himself. One day his mother said, "Let's count your teeth, Tommy, and see how many you have." Guess how many there were! Twenty of them—ten in the upper part and ten in the lower part of Tommy's mouth! Mother said, "That's fine, now that you have all of your first teeth we must show them to the dentist. He said he wanted to see you when all your teeth were in."



IN A FEW days, Tommy and his mother went down bright and early one morning to see the dentist. First they sat in a little room where there were picture books for Tommy to look at. A nice lady in a white dress came out and asked mother questions about Tommy—his name, how old he was and so on.

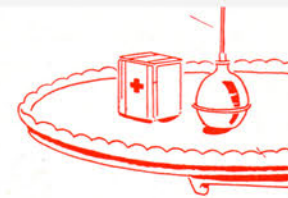




WHEN Tommy's turn came, the dentist said, "Hello, Tommy"—as if he had known him a long time. He took him into a little room with all kinds of interesting looking gadgets in it. Tommy sat in a chair which was different from any he had ever seen. When the dentist stepped on a pedal, the chair went up — up — up until Tommy was sitting as high as a grown person.



FIRST, the dentist showed Tommy the water fountain with a special cup for him to drink from. Then he showed him a tiny little mirror on the end of a stick. With this mirror the dentist looked in Tommy's mouth to see whether there were any little holes in his nice teeth. The dentist used a long metal "toothpick" too. Tommy held his mouth open like a big cave.

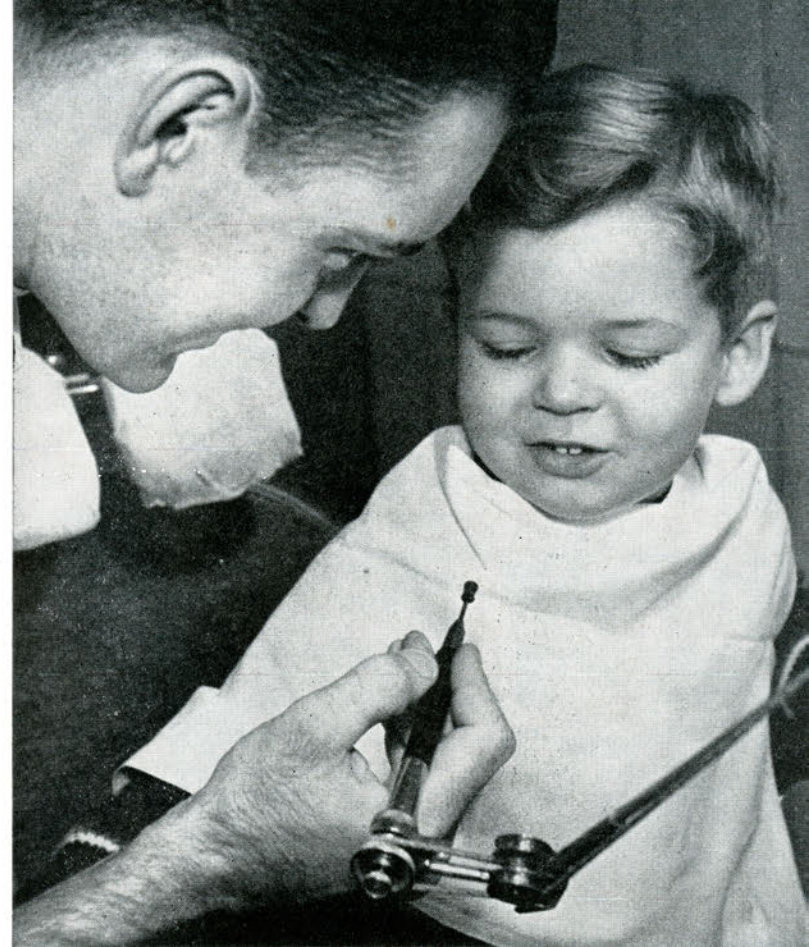




AFTER the dentist had looked at every tooth, he said, "Tommy, except for some stain, your teeth are very clean. How do you keep them so nice?" Tommy said, "I brush them after I eat. I eat fruits and vegetables and drink my milk too."



THE DENTIST took a little round brush and a little rubber cap, attached them to his machine, and took off all of the stain in less time than it takes to tell about it. Then the dentist put some fluoride on Tommy's teeth to help prevent tooth decay.





BOTH the dentist and the nice lady in the white dress thought Tommy was a very good boy while he was having his teeth treated. And when he went home, Tommy told all of his friends what he and his mother had learned about the *important* first (primary) teeth.



TOMMY has learned that he should:

- 1** Visit the dentist frequently.
- 2** Eat fresh fruits instead of candy.
- 3** Brush his teeth after eating.
- 4** Drink a glass of milk at each meal and eat vegetables, fruit, meat, eggs each day.

