



*say
less,*
**show
more**



I am going to see the dentist



I am going to the dentist.
The dentist will check my teeth.



I might need to wait.
I can wait with my Mum or Dad.



There might be some toys I can play with.



It's our turn to see the dentist.



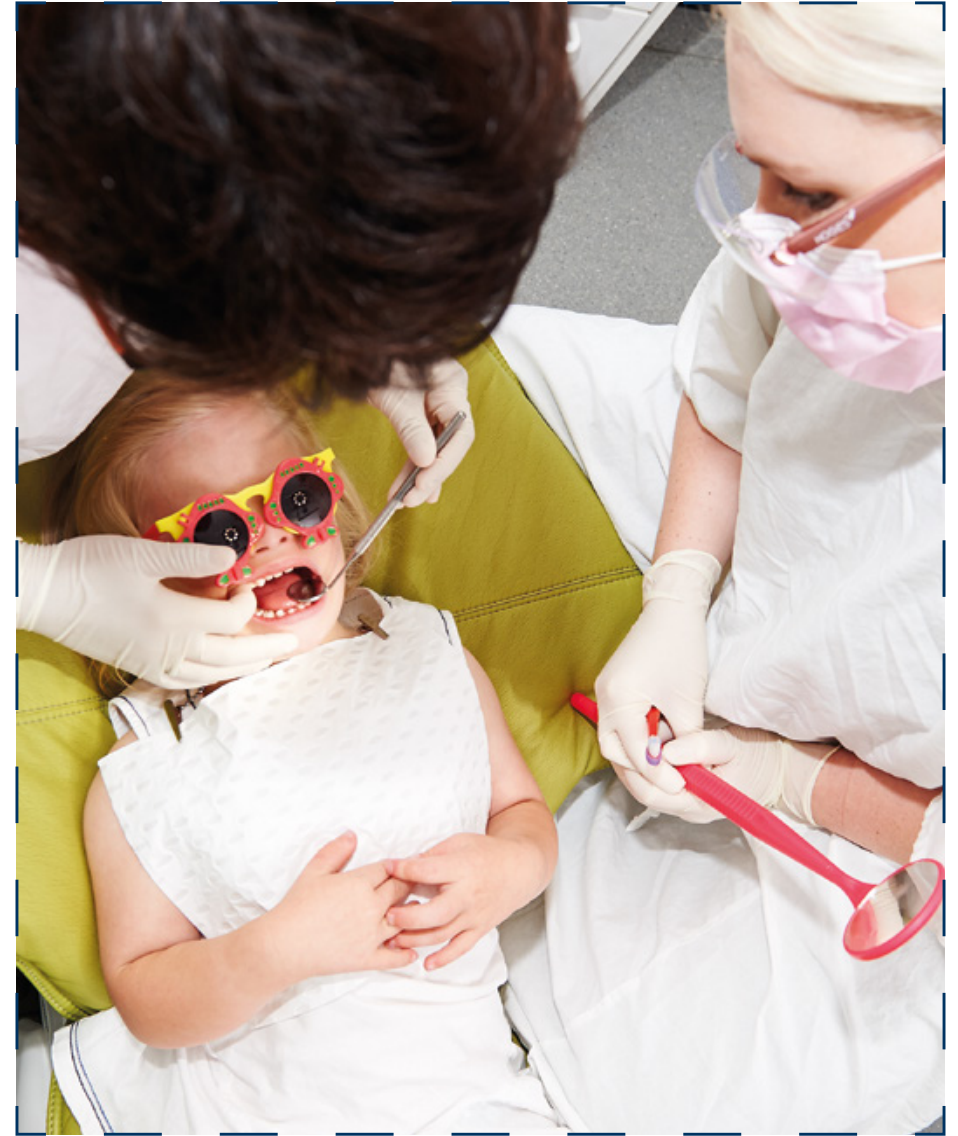
I sit in the dentist chair and lie back.
I will put on some sunglasses.



The light is bright.
I keep the sunglasses on.



I open my mouth. The dentist has a mirror to see my teeth.



I keep my hands still.
I keep my mouth open.



I will practice brushing my teeth.



The dentist might let me brush the toy's teeth.



Now the dentist has finished
checking my teeth.

How am I feeling?



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Five tips for using visuals with children

1. **Parents and carers are included.**

They know their child best and may have used visuals before.

2. **Show the child visuals.**

Make sure you get down to their level so they can see the pictures. Scan the QR code to view/download.

3. **Share the story with the child.**

Point to the photos or picture symbols as you go through the visuals. Give the child some extra time to look and think about the pictures.

4. **Say less.**

Use single words or short sentences to explain what is going to happen.

5. **Think of other ways for the child to understand.**

Use objects in the room and make sure your gestures stand out to help the child understand directions.

Visuals improve communication between health professionals and children, particularly those with anxiety, autism or intellectual disability.

The agencies listed on the last page are supporting families to access the healthcare they need for their children living with disability and seek to be inclusive of all our community members.

The 'Say Less, Show More' initiative shows children that health professionals are here to help and what to expect during a physical exam or procedure.

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