

Dentist

Jose & Spark the Orange Wolf:

Having a Brave Voice at the Dentist



by Dr. Diana Chavez Ketterman (AKA - Dr.K.)

NOTE TO PARENTS, CAREGIVERS, AND TEACHERS

Meet Jose—he's six years old!* He's a Character Champion (CC) Kid who teaches courage, and Spark the Orange Wolf is his special friend. Here's what makes Jose so cool: He's just like your child. He gets scared. His tummy flutters. He doesn't always know what to do. But he has a friend who helps him—and together, they figure out what works. Because Jose is six and still learning, kids think: "If Jose can do it, I can do it too."

How This Book Works

The pictures are visual anchors. When your child sees Jose doing Brave Body, their brain remembers. Later, when feelings get big, you say: "Remember Jose's Brave Body?"—and they know what to do.

Cesar's Courage Tools

Brave Body — Press, press. Grow tall.

Brave Breath — Smell ... blow ... ahhhh!

Brave Voice — Say what you feel, kindly

Tiny Steps — One step at a time

Feelings Come With Me — Don't hide them

How to Read This Book

Read it when everyone's calm. Make it fun! Do the moves together.

Point to the pictures. Say: "Look! Jose feels scared. Do you ever feel like that?"

Read it again and again. Repetition is how kids learn.

Use Jose's words in real life. When big feelings show up, ask: "What does Jose do?"

What to Expect

At first, they'll just love Jose and Spark. After a week, they'll start saying "I'm doing what Jose does!" After a month, they'll use the tools on their own. And eventually? They'll remind YOU to take brave breaths when you're stressed.

The magic happens when your child thinks: "Jose is six. He gets scared too. But he knows what to do—and so do I."

Now go meet Jose! He's waiting for you.

— Dr. K.

* The CC Kids Flipbooks are primarily for 3–6-year-olds ... preschoolers through kindergarten. As younger children often model the older children, we naturally use a six-year-old “big kid” as the model.

Hi! I'm Jose. I'm six.



Awooo! I'm Spark the Orange Wolf.

Awooo!



Dentist day.



Uh-oh ... Sometimes I feel scared. My tummy
flutters.



Spark says, "Scared is okay! Let me show you."



That fluttery feeling? That means scared. Scared is okay.



Spark says, "Be brave. Take tiny steps."



Tiny steps forward.



Step by step.



Now I do my Brave Body.



Press, press.



Grow tall! Ahhhh ... I feel BIGGER! Wanna try?



Next up: Brave Breath! Smell ...



Smell ...blow ...



Ahhhh! One brave breath. Feel that?



Now I try Brave Voice.



I feel scared.



Say it kindly.



One tiny step.



Walk to the chair.



I can do it.



I see tools. Uh-oh.



Spark says, "Feelings come with me."



I don't hide them.



Time for Brave Voice again.



What are you doing?



Spark says, "Good speaking up!"



"I'll be gentle," says the dentist.



Ahhhh ... I feel safer.



Spark says, "Brave voice helped."



Another tiny step.



Smell ... blow ... ahhhh!



"Good, says the dentist. "Open wide" ...



I feel scared. I feel brave. Both at the same time!



Spark says, "If it's not safe, you can stop."



You can be brave and safe.



I did it!



All done!



I did brave steps.



I used my voice. I was scared, and brave.



I feel proud.

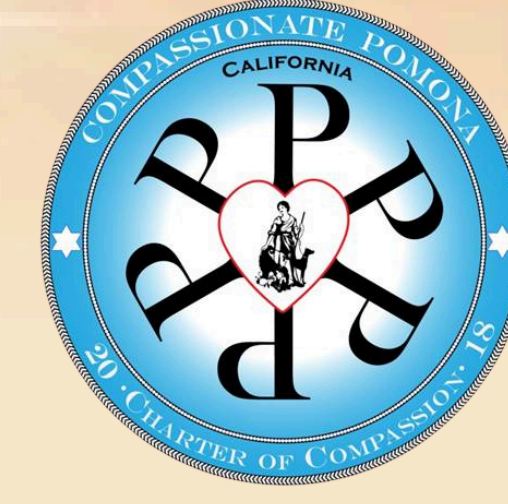


Courage grows.



What makes YOU feel brave?
I can be brave again.





The End

www.characterchampionsfoundation.org

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