

# MY VISIT TO THE DENTIST FOR A ROUTINE EXAM

About: This story can help you imagine what your visit to the dentist will be like.  
(The story is aimed for children with autism, but may benefit any child.)



1 Today, I will go to the dentist. The dentist helps my teeth look good and feel nice.



2 My family and I will ride the elevator.



3 The dental clinic is big.



4 I have to look for the signs to get to my dentist.



5 I will walk through the waiting room to get to the front desk.



6 I will check in at the front desk.



**7**

I will wait quietly in the waiting room.



**8**

Someone will call my name when it's my turn.



**9**

I will walk by a row of big chairs. My parent gets to come too.



**10**

My dentist will ask me to sit in a big chair.



**11**

My dentist wears a special mask and glasses to look at my teeth.



**12**

I get to wear a special bib to keep my clothes clean.

**13**



I can do things to make myself feel better if I get scared.

**14**



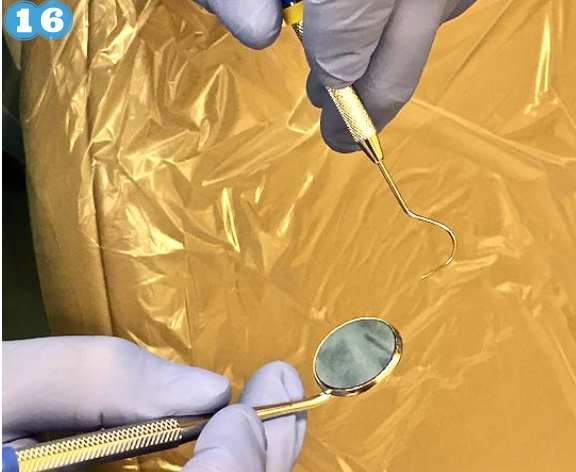
There is a special light to look at my teeth.

**15**



The dentist will give me special glasses, they protect my eyes.

**16**



My dentist will count my teeth with a mirror and tooth counter.

**17**



My dentist will brush my teeth with a tickle brush.

**18**



The assistant will wash my teeth and take the water out with a special straw.

**19**



I can do things to make myself feel better if I get scared.

**20**



My dentist has a special camera to take pictures of my teeth.

**21**



I will bite on a special cookie when the dentist takes a picture of my teeth.

**22**



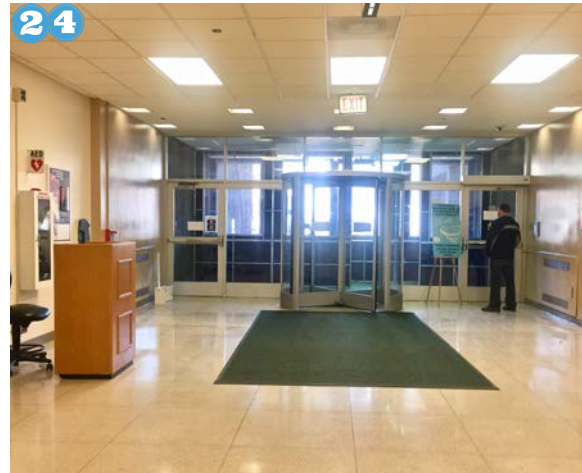
My dentist paints my teeth with special vitamins to make them strong.

**23**



When my dentist is done I get a bag with my own brush, and I get a prize for being a good helper.

**24**



I did a great job at the dentist and it's time to say goodbye.