

MY VISIT TO THE DENTIST: WHEN MY TOOTH IS SICK

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 is going to fix my tooth that is sick.



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 may need to use a special bed with seatbelts to keep me safely in the chair.

12

Coping Skills

Think about my favorite place or person	Hold hands
	
Wiggle my toes	Hum my favorite song
	

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

13



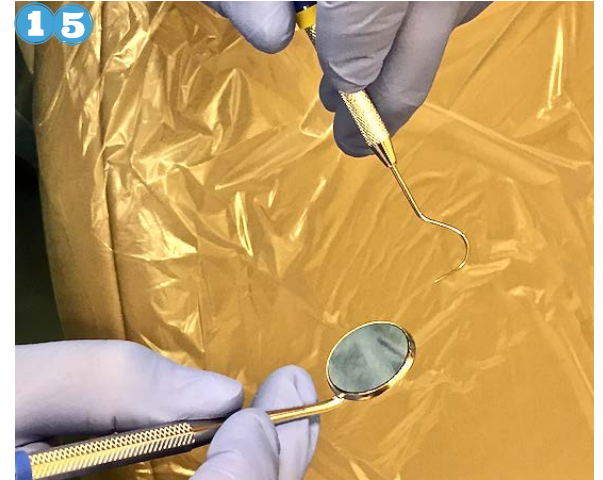
My dentist wears a special mask and glasses to look at my teeth.

14



There is a special light to look at my teeth.

15



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

16



I may need to wear a special nose to breathe air that will relax me.

17



Some of my dentist's tools make noise - like the motorcycle brush.

18



I can ask my dentist to play music or put something on the tv if I don't like the noise.



19

Then the dentist puts some red jelly on a swab to rub over my sick tooth.



20

Next the dentist puts some sleepy juice next to my tooth. It might feel like cold water on my tooth.



21

My dentist works on my tooth so I can feel better!



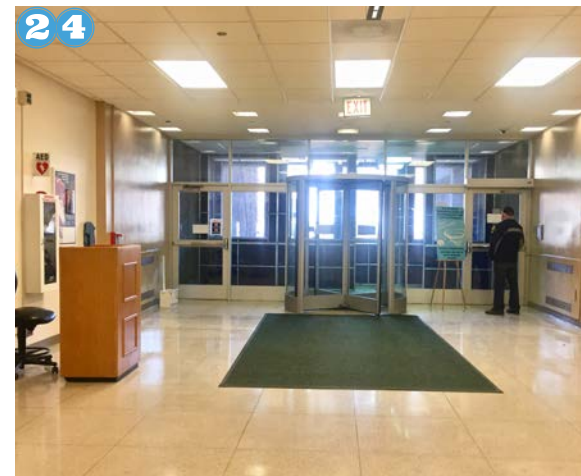
22

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



23

If I am a good helper I will get a prize from the toy machine.



24

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