

GOING TO THE DENTIST

A Social Story



*The Dentist is a teeth doctor.
They take care of my teeth.*



When I go to the dentist, I may need to wait for my turn in the waiting room or car.



I can play with toys, a tablet, or a book when I wait.



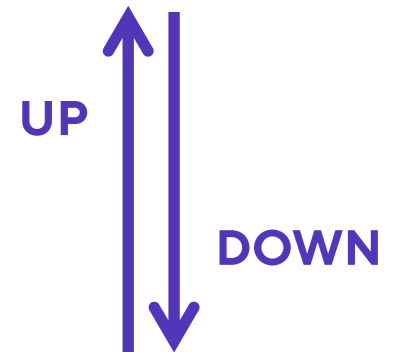
When it is my turn to see the dentist, I will go into a room with a special chair and dentist tools.



I can bring my favourite items from home to help me feel comfortable.



I will sit on the chair. The chair can move up, down, and lean back.



The dentist wears a mask and gloves when they check my teeth.



The dentist will put a bib on me to keep my shirt clean.



The dentist will turn on a bright light so they can see all my teeth.



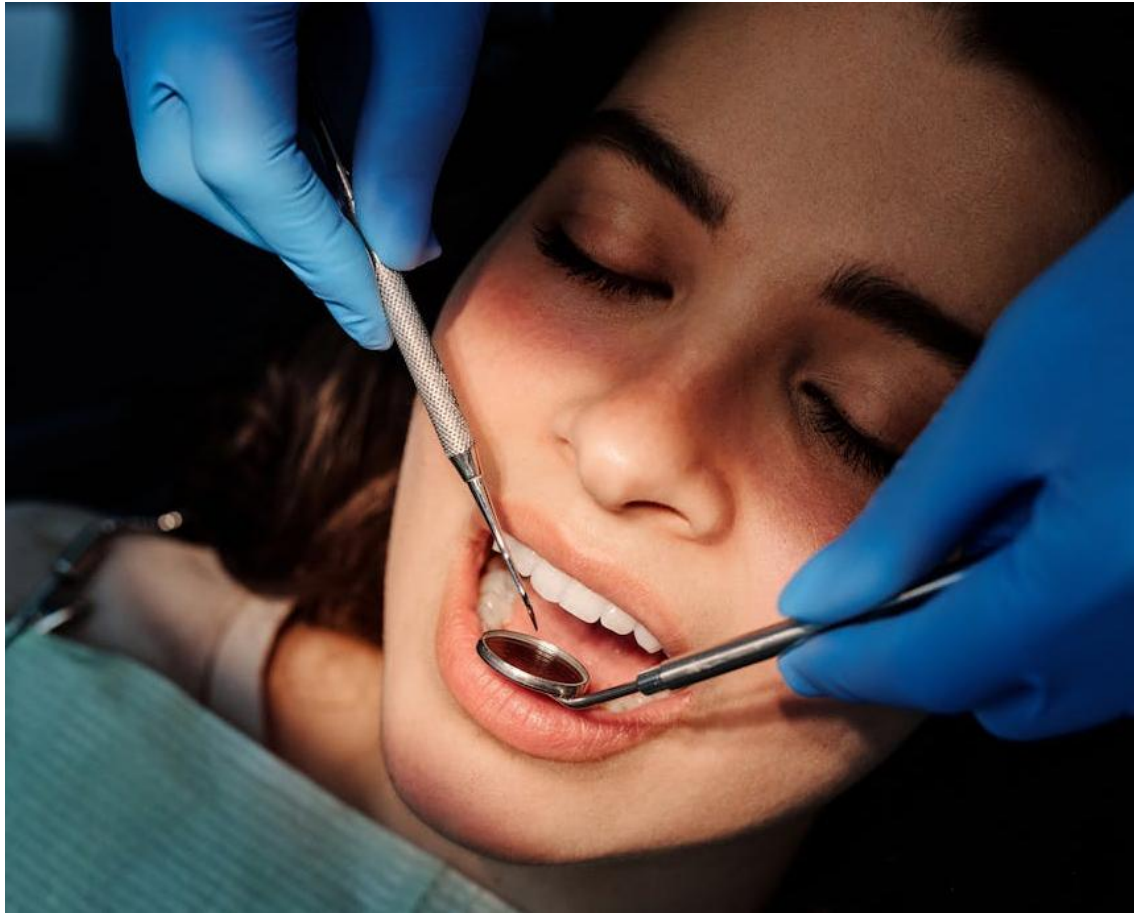
If I want to, I can wear sunglasses to protect my eyes from the light.



I will open my mouth really big and hold it open so the dentist can see all my teeth.



*The dentist will use some silver tools to see
and count all my teeth.*



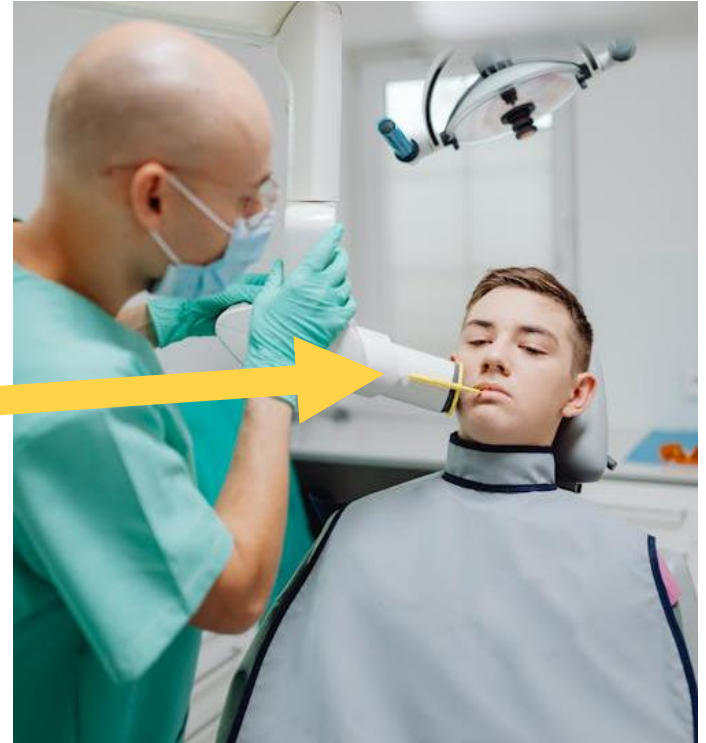
The dentist might use a toothbrush and some water to touch and clean my teeth.



Sometimes the dentist might take special pictures of my teeth called X-rays.



**This is
how you
take an
x-ray**



*They will ask me to bite down on some plastic
and wear a heavy blanket.*



*If I feel uncomfortable, I can ask
for a break or to stop.*



When I am finished the dentist might give me a new toothbrush and a special toy prize.



*Everyone will be so proud of me for
going to the dentist!*



To learn more about dental visits, check out these resources.

To visit, click or scan the QR codes.

Going to the Dentist:
A Toolkit to Support
Dental Visits and
Dental Practitioners



Supporting
Dental Visits and
Oral Hygiene
Webinar



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