

Social story - Visiting a dentist



A dentist helps us keep our teeth healthy. We should visit the dentist once every 6 months.



The dentist will ask us to sit in a chair. The chair goes back to become a bed.



If I am scared, I can take help from my parents. I can hold their hands. I can try and sit in the chair little by little.



The dentist will ask me to open my mouth to examine.



The dentist will use a water jet and an instrument to clean my teeth.



The instrument will make noise. I can wear earphones if I feel scared. I can count with my parents and hold their hands.



I can spit the water in a cup. I can ask for breaks. I need to follow rules like not moving and keeping hands on my side.



Once the cleaning is done, my teeth look nice and bright.



This helps me keep my teeth healthy.