

## 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.**