

# My Visit to the Dentist

## A Social Story

By: Dr. Samantha Mize



Today I am going to the dentist. The dentist is a doctor who takes care of teeth. Dentists help keep my teeth clean and healthy.



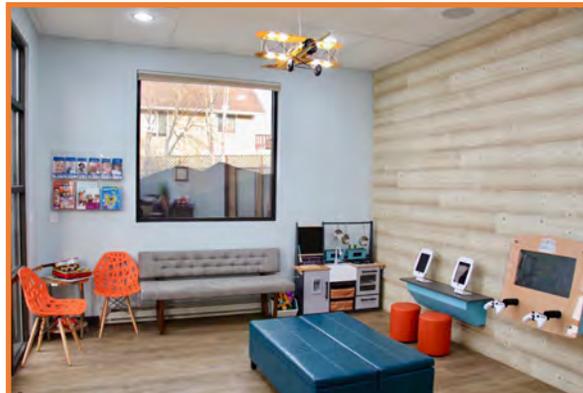
When I get to the dentist's office, I will walk through the front doors.



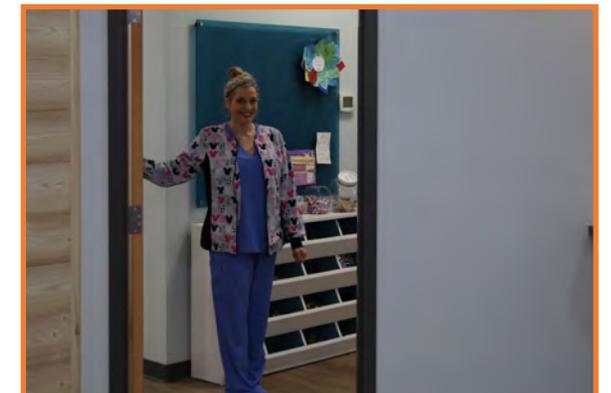
I will check in with my family at the front desk.



While I wait I can play video games!



I can read and play with toys too!



When it is my turn a helper will call my name. When the helper calls my name I will walk with my family through a door to a special room just for me.



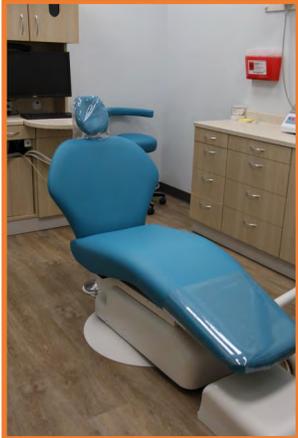
The special room will have many things for my helper and the dentist to clean my teeth with.



I may need to wear a super hero cape for the x-ray. The x-ray takes pictures of the inside of my teeth.



I'll sit in the chair and let the helper take pictures of my teeth.



My helper will ask me to sit in a big chair. The chair will move and lean back. This helps Dr. Sam and her helper look at all my teeth to make sure they are healthy.



The special room will have many things for my helper and the dentist to clean my teeth with.



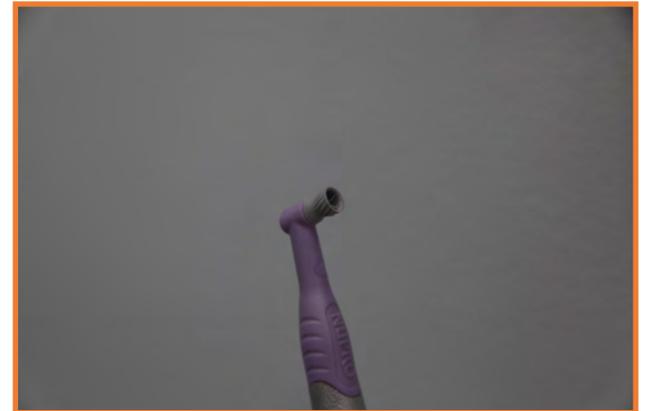
A TV will be above me so that I can watch my favorite show and I can listen on special headphones.



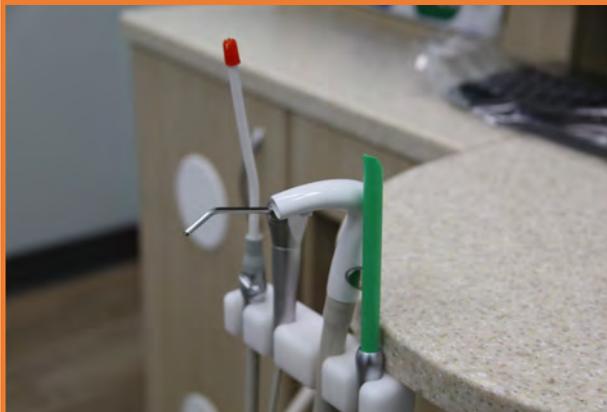
A big light will be above me and shine in my mouth so Dr. Sam and my helper can see inside my mouth.



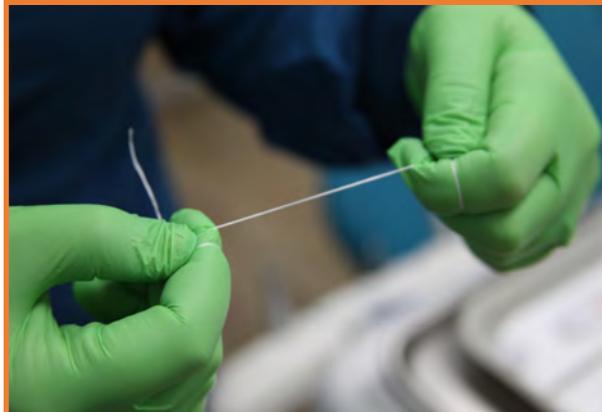
My helper will put sunglasses and a bib on me. Then she will use tools to check my teeth.



My helper will use her spin brush to clean my teeth.



My helper will use water and a vacuum to help clean the toothpaste off my teeth.



My helper will get all the sugar bugs from between my teeth with floss. The helper and Dr. Sam will wear gloves and a mask when they clean my teeth.



After my cleaning is done Dr. Sam will come see me and check my teeth to make sure they are healthy.



When I am all done I get to pick a prize to take home with me. Dr. Sam has many toys for me to choose from.



Dr. Sam and all the helpers love getting high fives when I leave. Now I get to go home and take my goody bag and prize with me!



Please read this story to your child prior to their dental appointment to help them learn the routine and become familiar with our office.