



By Mackenzie Garcia



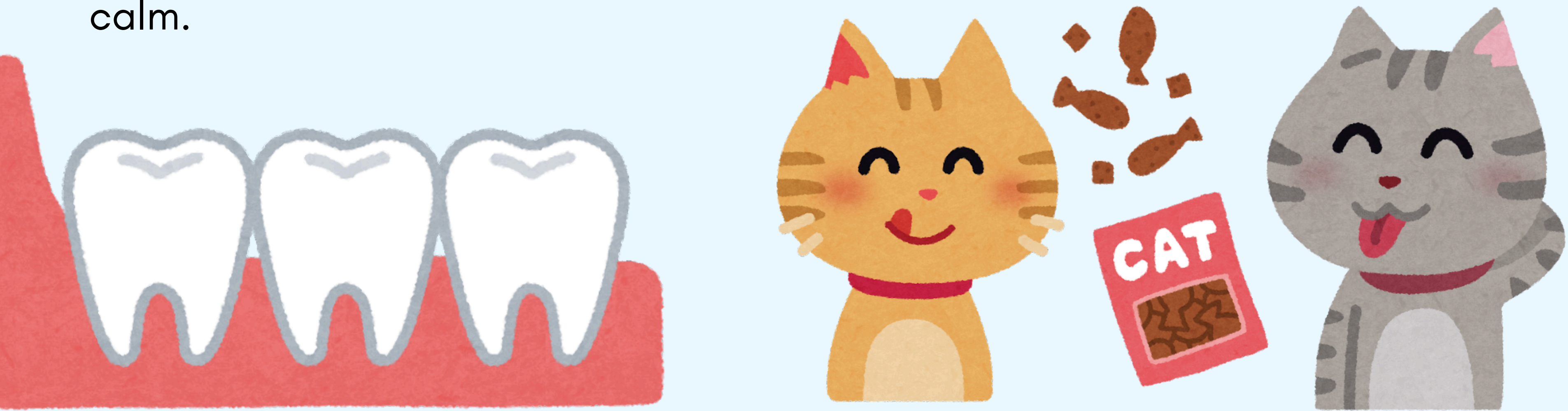
MY TRIP TO THE DENTIST

A Social Story



SOMETIMES I NEED TO GO TO THE DENTIST.

The dentist helps keep my teeth clean, strong, and healthy. Going to the dentist is something many people do. It is okay to feel nervous, and there are things that can help me feel calm.



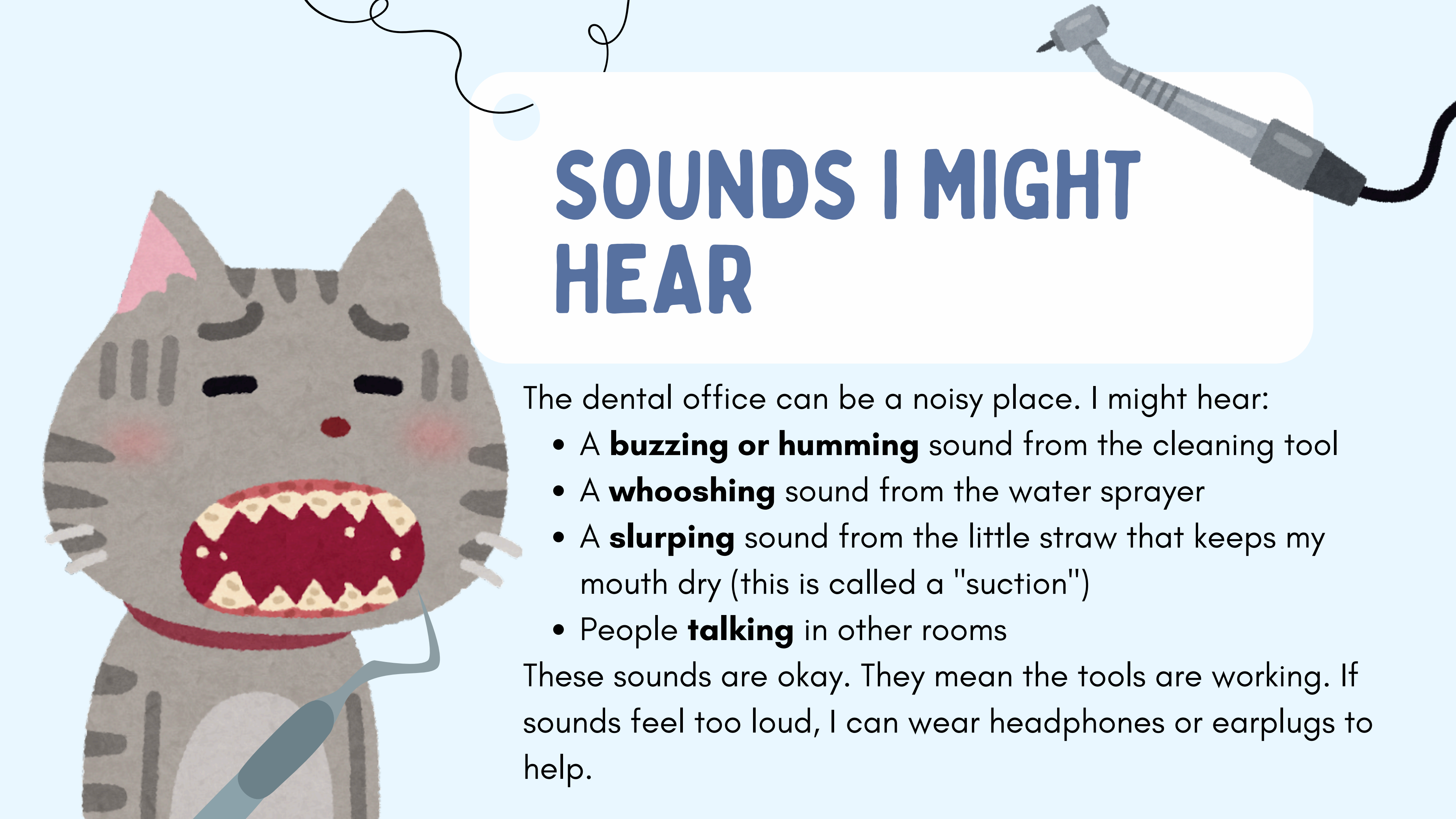
THE PEOPLE I WILL MEET

The Receptionist sits at the front desk. They will say hello when I come in. I might wait in the waiting room for a little while. I can bring something to keep my hands busy, like a fidget toy.

The Dental Hygienist helps clean my teeth. They are friendly and will explain what they are doing.

The Dentist looks at my teeth to make sure they are healthy. They wear a mask and sometimes gloves. Their face is friendly even when I can only see their eyes.





SOUNDS I MIGHT HEAR

The dental office can be a noisy place. I might hear:

- A **buzzing or humming** sound from the cleaning tool
- A **whooshing** sound from the water sprayer
- A **slurping** sound from the little straw that keeps my mouth dry (this is called a "suction")
- People **talking** in other rooms

These sounds are okay. They mean the tools are working. If sounds feel too loud, I can wear headphones or earplugs to help.

THINGS I MIGHT FEEL

- The **chair** might lean back slowly. It can feel like I am tipping backward, but I am safe.
- A **bright light** will shine above me so the dentist can see. I can wear **sunglasses** if it feels too bright.
- The **cleaning tool** might feel buzzy or tickly on my teeth.
- **Water** and a little scratchy or smooth feeling on my teeth.
- A **bib** might be clipped around my neck to keep me clean.
- Sometimes I get a gritty **toothpaste** taste during the cleaning.

If something feels like too much, I can raise my hand to ask for a break.

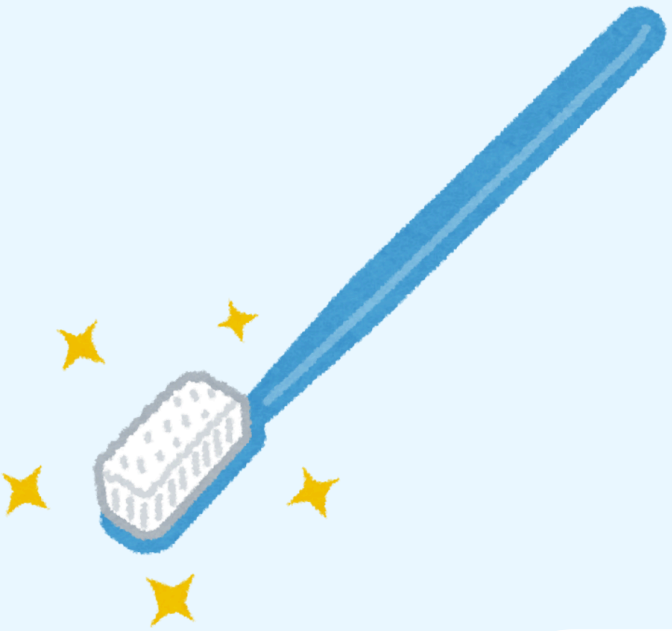


THINGS THAT CAN HELP ME FEEL CALM



- I can take **slow, deep breaths**
- I can bring my **favorite toy** or fidget
- I can wear **headphones** for loud sounds
- I can wear **sunglasses** for bright lights
- I can **ask for a break** by raising my hand
- I can squeeze a ball or my parents hand





WHEN I AM DONE

When the visit is over, I might get a new toothbrush or a sticker.
I did a great job taking care of my teeth! My grown-up will be proud of me, and I can feel proud
of myself too.
I can do this!

