

# Going to the dentist



A social story by Blue Sky Community Services

This social story is about going to the dentist.

This experience can feel a little different when it is new to you.

We hope this story helps you prepare for your visit to the dentist.

Sometimes I need to go to the dentist so they can check my teeth and mouth.



The dentist helps to keep my teeth and mouth strong and healthy.

I might need to wait in the waiting room for a little while before I see the dentist.



There might be other people waiting, and people who work at the dentist's will be there too.  
It's okay if I feel nervous.  
Some sensory tools might help.

When it's my turn to see the dentist, it's okay for the person supporting me to come into the dentist's room and sit nearby.



The dentist's room might look something like this. I will sit in a big chair that reclines. The chair might move up or down. This is safe.

A nurse might be there to help the dentist look after me.



I will wear special glasses to protect my eyes and a bib to help me stay clean and dry.

The dentist will use a big light to help them see in my mouth.



The light is very bright, but the special glasses help to protect my eyes.

I will need to keep my mouth open so the dentist can look inside. They will use a small mirror to look at all my teeth.



I will be allowed to close my mouth to rest. The dentist will tell me when to open my mouth again.

The dentist will use special tools. I will feel the tools inside my mouth, but it shouldn't hurt.



The nurse might use a suction tool inside my mouth. It might feel strange, but it shouldn't hurt.

Some of the tools might make loud noises. I might hear buzzing or clicking sounds. I will also feel water and air in my mouth. These feelings might feel a little strange, but they will not last forever.



If I need to take a break, that's okay, I can ask the dentist to stop for a minute.

The dentist might clean my teeth. The toothbrush they use is different from the one I use at home.



I might need to sip water from a cup to rinse my mouth, then spit into the sink. I might need to do this a few times.

The dentist might take a special picture of my teeth. The picture is called an x-ray.



The x-ray doesn't hurt.

If the dentist is going to do something that might feel uncomfortable, they will tell me.



It's okay to feel a little scared, and I can ask questions if I need to.

It might help me to remember that everyone is there to look after me.





If I start to feel overwhelmed at any time while at the dentist, that's okay. I can let someone know and they will help me.

We hope this social story helped you prepare for going to the dentist.

A social story by Blue Sky Community Services