

What Will Happen When I Visit The Dentist?

This Social Story has been Produced to Enhance your Visit to Boroughbridge Dental Centre



This is the front entrance.
I will go through this entrance each time I visit the dentist.



When I come into the dental practice, I will be in the reception area. I need to say my name to the receptionist.
This is so they can let the dentist know that I have an appointment.



Then, I need to wait in the waiting room until the dentist calls my name.



There are sensory toys in the waiting room I can use whilst I wait if I feel like I need them.



When my name is called, I will follow the dental nurse to the dentist's surgery.





The dentist will ask me to sit down in a chair that goes up and down. This chair is fun!

The dental nurse will put a bib on me to keep my clothes clean.

The dentist will turn on a bright light. If I do not like the light, I can close my eyes or I can wear my favourite sunglasses to wear.



I will open my mouth wide
so the dentist can see my
teeth.





The dentist will examine my teeth with different tools. This is OK.

The dentist will count my teeth with special tools. This is fun.



The dentist will brush my teeth with a special brush and toothpaste.

Sometimes, the dentist may use tools that make my mouth shake. This is OK.

If I am scared, I can use my relaxation techniques.

Relaxation Techniques

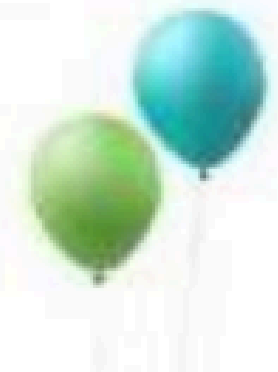
Hold hand



Think about something nice



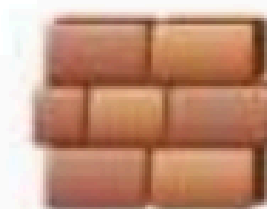
Blow up a balloon in your stomach



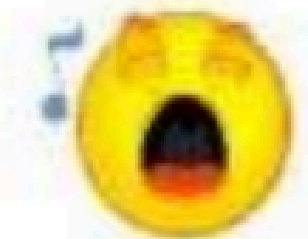
Wiggle your toes



Make your stomach into a wall



Hum your favorite song quietly





Sometimes, the dentist may use tools that make noise. This is OK.

If the noise bothers me, I can wear my headphones.

If I am scared,
I can use my
relaxation
techniques.

Relaxation Techniques

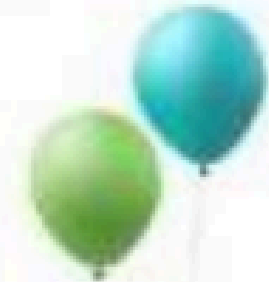
Hold hand



Think about
something nice



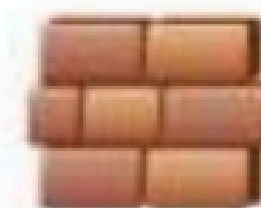
Blow up a balloon
in your stomach



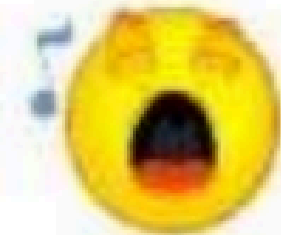
Wiggle your toes



Make your stomach
into a wall



Hum your favorite
song quietly





Sometimes, when I go to the dentist, I may want to have my mouth made numb just whilst I have my tooth mended. This is OK.

If I am scared,
I can use my
relaxation
techniques.

Relaxation Techniques

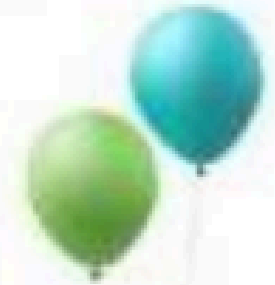
Hold hand



Think about
something nice



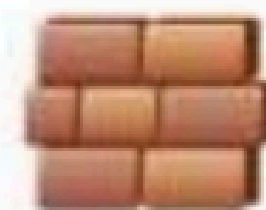
Blow up a balloon
in your stomach



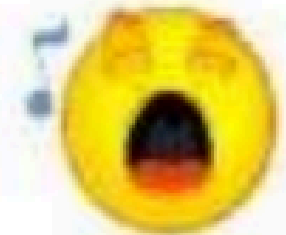
Wiggle your toes



Make your stomach
into a wall



Hum your favorite
song quietly





Sometimes, the dentist needs to
take small pictures of my teeth.
This is fun.

Sometimes, the dentist will put a
special film into my mouth to take
a picture. I need to stay very still,
but this is OK.

Sometimes, the dentist needs to
take a big picture of my teeth.
This is fun.





Sometimes, the dentist will
squirt water onto my teeth.
this is OK.





Sometimes, the dentist will
blow air onto my teeth. this
is OK.



Sometimes, the dentist uses
a small straw that will take
water out of my mouth. This
is fun.



Sometimes the dentist will give me a glove balloon at the end of the appointment.



There are always stickers on the reception desk. I can grab one at the end of my appointment if I want to.





The dentist helps
my teeth feel good
and look nice. 😊

