



I am going to the dentist.

[Teeth Cleaning]



A note to caregivers:

This book was written for patients of different ages and language levels. Please use language your child is familiar with at home or when visiting the dentist.

Not all sections will apply to your child. This book was written to outline a trip to the San Ysidro Dental Clinic. However, feel free to adapt it for any dental office visit.

Read this first and choose what information you think will be helpful. You know your child best.

This book will detail the steps of a dental exam and cleaning appointment.

In this story we refer to X-rays as a “picture”, dental tools as “special tool”, and fluoride as “special paint.” You can determine which language is best to use for your child.

Some children benefit from a reward after a dental exam. Please see the customizable visual on the last page of this story. This is one way to present the idea of a reward to your child (e.g., “First dentist, then *[insert prize here]*”).

If you have more questions about strategies, please contact the Autism Friendly Health System Initiative at autismfriendly@rchsd.org

We also recommend filling out the Autism Friendly Questionnaire in preparation of your visit. If you experience difficulty filling out the form in MyChart, then you may download a paper copy from our website and bring it with you to the appointment.

Sincerely,

The RCHSD Autism Friendly Health System Initiative

I am going the dentist to get my teeth cleaned.



**First, we will park the car.
After we park the car, we will
walk to the dental office.**



**I will take the elevator to the
2nd floor.**



Now, I will check-in at the front desk.



I will sit in the waiting room and wait until the dentist calls my name.

I can watch a movie or play with my favorite toy while I wait.

Note to caregivers: we recommend you bring a favorite toy/activity or tablet to use while waiting.



**When they call my name, I will
walk back with my [caregiver].**





It's ok to feel nervous.
If I am nervous, then I can hold
my squishy ball or playdoh
[insert item you brought with you
for child to hold].

Note to caregivers: we recommend bringing a sensory, distraction, or comfort item for your child to the appointment.



First, the dentist is going to check my body to make sure it is healthy.

I will stand on a scale to see how big I am.

Next, they will measure how tall I am.



My [caregiver] and I will walk to another room.

I will sit in the chair and the dentist will talk to my [caregiver].



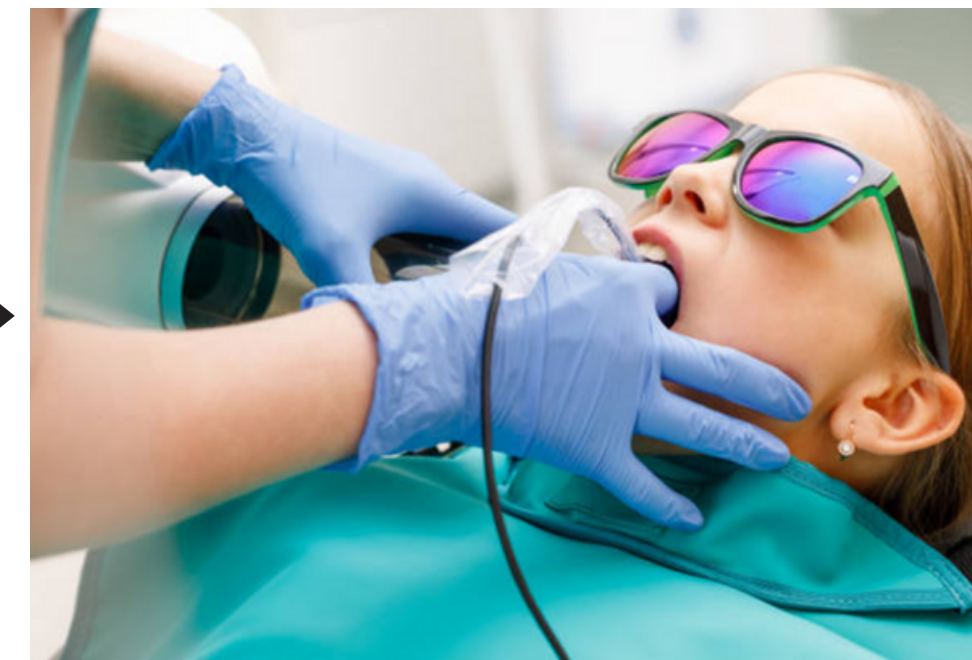
First, we will take pictures of my teeth.

I will wear a heavy vest to protect my body.



I will open my mouth and the dentist will put the film in my mouth.

I will bite down and keep my body still.



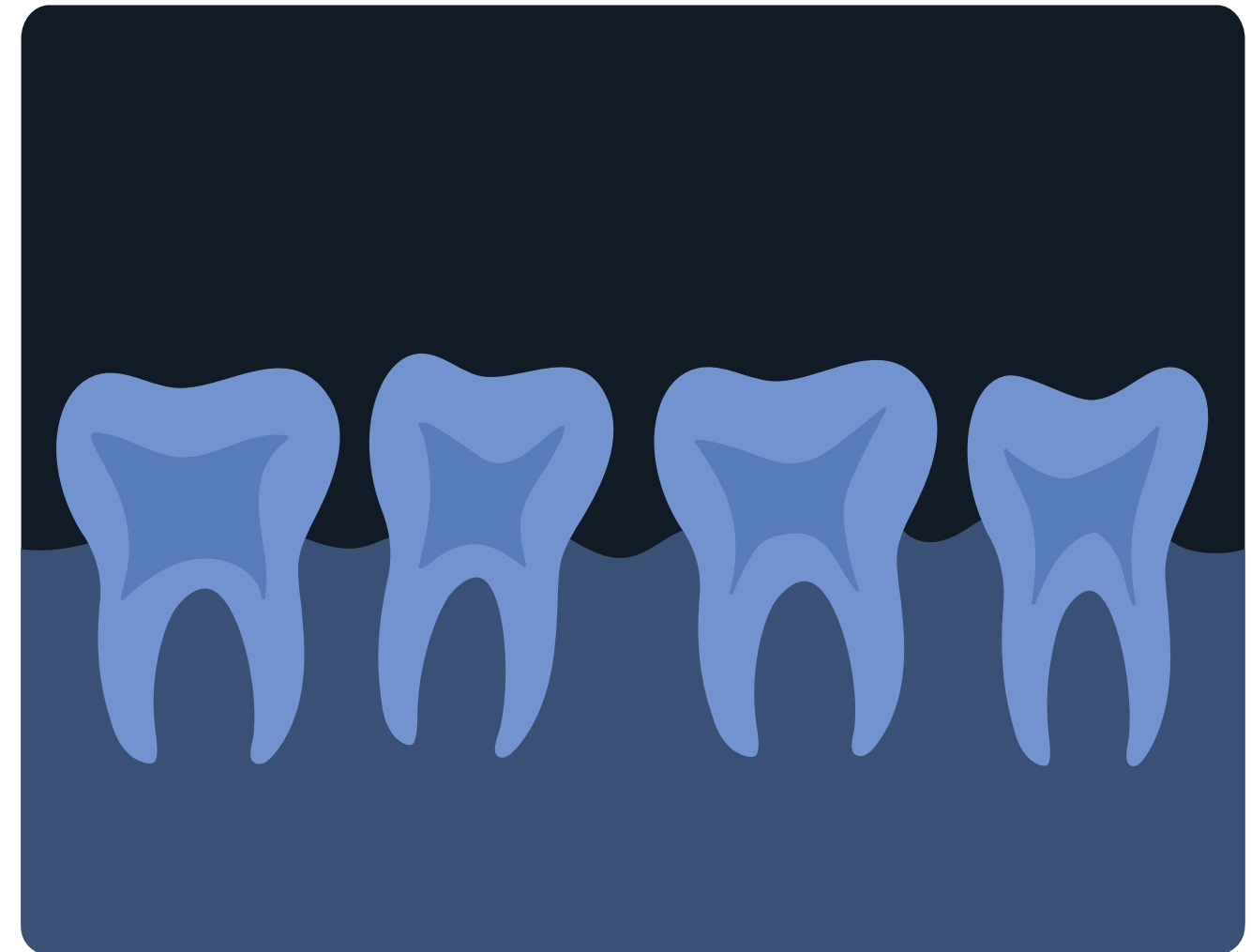
Now the camera will take a picture.

The camera beeps after each picture. I will take 2-6 pictures.



I can look at the pictures of my teeth on the screen.

The dentist will let me know when we are done taking pictures and I can take the vest off.



Now it's time to clean my teeth.

The dentist will put a paper necklace on me to help keep my clothes dry.



I will lay down in the big chair so the dentist can see my teeth.

The dentist will lean my chair back.

It might feel kind of funny. My [caregiver] will sit next to me.

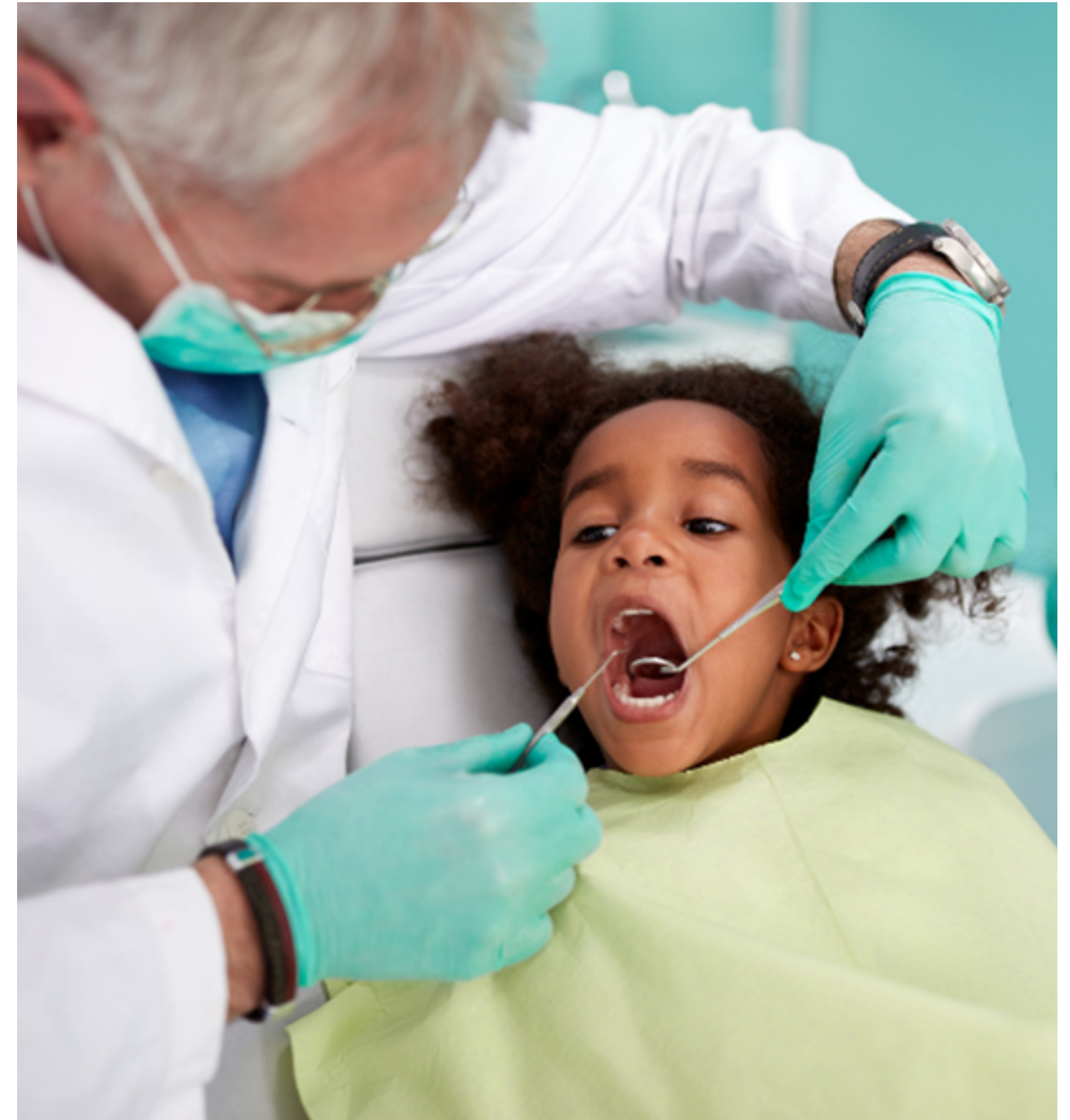




First, the dentist will count my teeth.

The dentist will look in my mouth with a small circle mirror and special tool.

The mirror or special tool may touch my teeth, but they will not hurt.



Now the dentist will clean my teeth.

I can choose which flavor toothpaste I want.

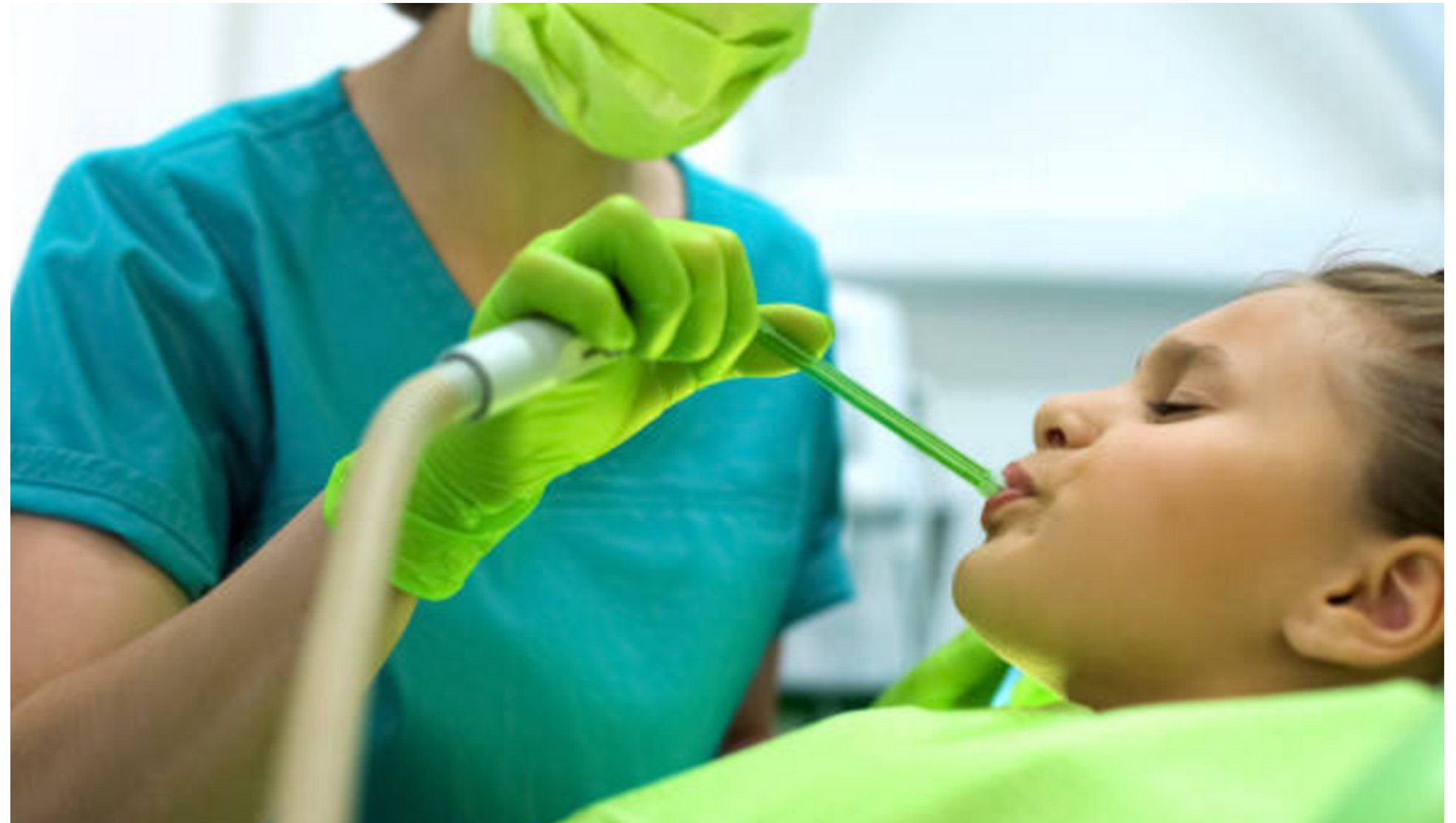
The special toothbrush will make a buzzing sound while it cleans my teeth.

It will feel like a tickle on my teeth!



Note to caregivers: you may bring your own toothpaste to the appointment.

Now the dentist will rinse my mouth with water and use a special straw to get the water out.





After the dentist brushes my teeth, they will floss in-between my teeth.

Flossing helps my teeth stay healthy and clean.



Now it's time to use special paint to protect my teeth.

It will feel a little sticky.

Note to caregivers: After the special toothpaste, your child will need to wait 30 minutes before eating or drinking.



all done



**I did a great job at the dentist!
I kept my body calm and still.**

Now it's time for *[insert reward here]*.



The End

Note to caregivers: Please review the following pages for additional visuals to help support your child's visit.



Caregivers:

Here is a sample **“first-then”** visual if your child is earning a reward after a visit to the dentist. Please use the template on the next page and add your own picture of the reward your child is earning under the word, **“then.”**

You can present this by saying, **“First clean teeth, then Lego Minifigure.”**

FIRST



THEN



FIRST

THEN



“First clean teeth, then _____.”



A reward chart can help the child understand how they will earn their reward. They can earn a star or check for completing each step of the visit.

This can increase motivation during the appointment.

Please customize with a picture of what your child is motivated to earn on the next page.

I'm working for



I'm working for

□ □ □ □ □ □

= □



Visual Schedules

If your child benefits from the use of visual schedules, the next page may be helpful. As you point to each picture, you can briefly explain what will happen:

First, the dentist will check how big and healthy your body is.

Next, they will take a picture of your teeth.

Then, they will count your teeth.

Next, they will brush your teeth.

Now, they will floss in-between your teeth.

Last, they will use special paint to protect my teeth.

Then you will be all done and can [insert reward here]!

