



I am going to the dentist.

[X-ray]



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, it can be used to support a trip to any dental office.

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

This book will detail the steps of getting an x-ray. In this story we refer to an x-ray as a “picture” and lead vest as “vest.” 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 pictures, 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 Team

I am going to the dentist.

**They are going to take pictures
of my teeth to make sure they
are healthy.**



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 activity to use as distraction.



When the dentist calls my name, I will walk back to the room with my [caregiver].





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

Note to caregivers: you may bring 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.



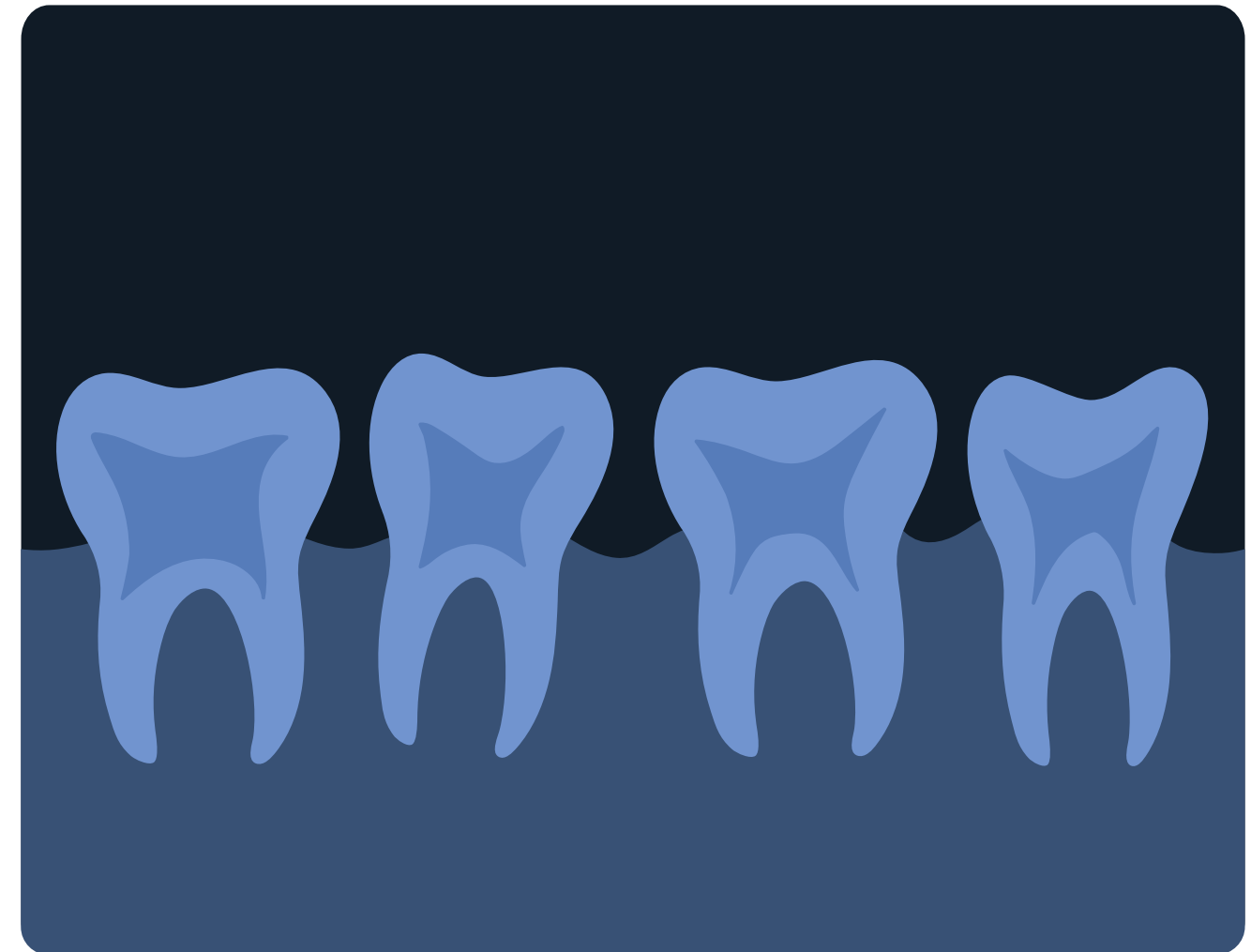
Now the camera will take a picture.

The camera will beep 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, 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 it will not hurt.



all done



I did a great job taking pictures of my teeth! 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 samples and templates of reward charts.



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 pictures, then Switch.”**



FIRST

THEN



“First pictures, 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, you will wear a heavy vest to protect your body.

Then, the dentist will take pictures of your teeth.

Now, the dentist will count your teeth.

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

