Taking Your Son/Daughter with an Autism Spectrum Disorder to the Dentist

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Going to the Dentist – A Social Narrative

Everyone needs healthy teeth. Healthy teeth are important to be able to chew your food and to avoid toothaches. Everyone needs to brush and floss their teeth at least twice a day -- once in the morning when they get up and every night before bed.

The dentist is a special kind of doctor that helps to keep teeth healthy. Everyone needs to go to the dentist regularly to have their teeth checked and cleaned. I have my teeth cleaned every 6 months. When I go to the dentist, I usually go with Mom or Dad.

Sometimes people also go to the dentist for repairs to be made to their teeth. If I need any repairs on my teeth my Mom or Dad can explain what will happen.

The dentist office is a quiet place. I should try to stay quiet in the waiting room while I wait for my appointment. I can read books, magazines, or play quiet games while I wait in the waiting room.

The hygienist will call my name and then I stop waiting and go with the hygienist. The hygienist is a special dentist helper who cleans teeth.

I sit in a special dentist chair while the hygienist cleans my teeth. The hygienist uses a kind of brush that buzzes and vibrates. I can ask to see the brush before it goes on my teeth. The hygienist also uses floss to floss between each tooth.

The dentist and hygienist will ask me and my Mom or Dad some questions. I can say how I’m doing a great job with brushing and flossing.

After my teeth are cleaned I can pick out the flavor of the paste or foam to shine my teeth. I keep the paste in my mouth until the dentist tells me to spit it out into the special tube.

When the dentist tells me my cleaning and checking is finished, I wait while Mom or Dad pay and schedule my next visit.

Going to the dentist isn’t too bad and doesn’t take long at all. It can be fun! Visiting the dentist is how I keep my teeth healthy; it’s how other people keep their teeth healthy too.