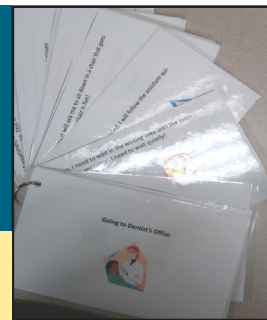


Strategy in Practice

Social Narrative: Visit to Dentist's Office



Visit to a dentist might be quite challenging for an individual with an autism spectrum disorder. To help reduce the stress and acquaint with what happens during a visit, social narratives can be used.



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To Make:

1. Check with your dentist regarding specific steps.
2. Modify the narrative, if needed.
3. Print out the social narrative.
4. Laminate the social narrative.
5. Cut the pages in half along the black lines.
6. Use a ring or other means to put the pages together into a mini-book.

To Use:

1. Create a quiet time to sit with the individual.
2. Explain that you are going to read a narrative together.
3. Read the narrative (or have the individual read the narrative).
4. Answer any questions, if the individual has any.
5. Try to make time to review the narrative multiple times prior to encountering the challenging situation.
6. Have the narrative available for reference during the challenging situation.

Also, check out...

How-To Video: First-Then Board

How-To Video: Choice Board

How-To Template: Choice Board

How-To Template: Visual Schedules

How-To Template: Activity Schedule

How-To Schedule: First-Then Board

Life with ASD Series

Academia Series

Strategy in Practice

View/download these and other templates at www.HANDSinAutism.org/tools/strategiesInPractice.html

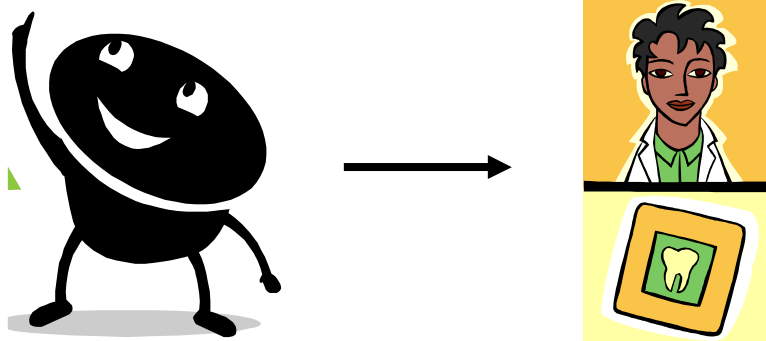
Materials provided are *samples only!*
They may need to be individualized to meet the particular needs of a person with an ASD!



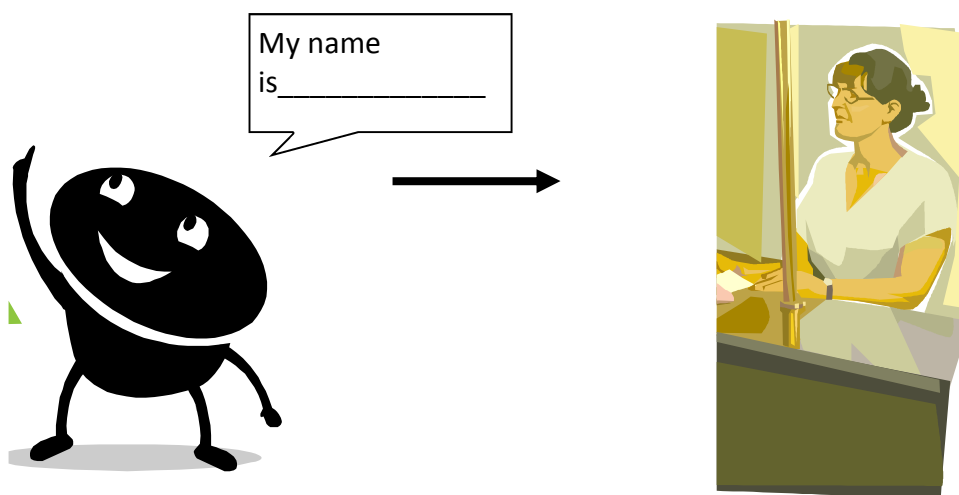
Going to Dentist's Office



Sometimes, I need to go to a dentist.



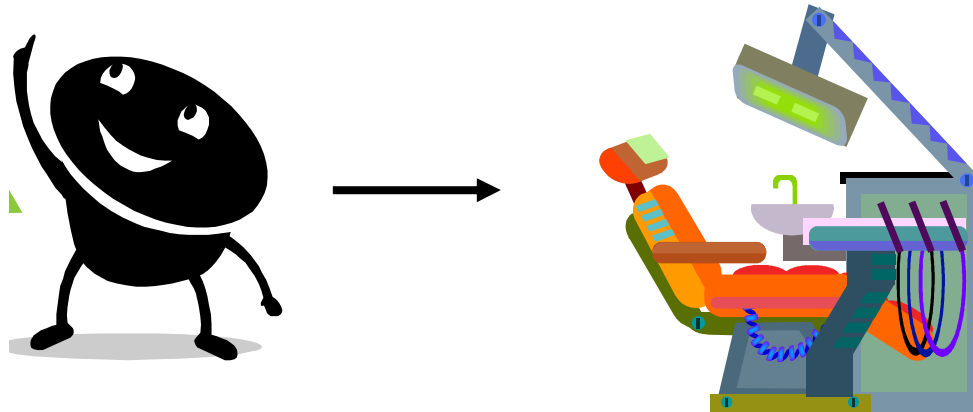
When I come into the dentist's office, I need to say my name to the receptionist.



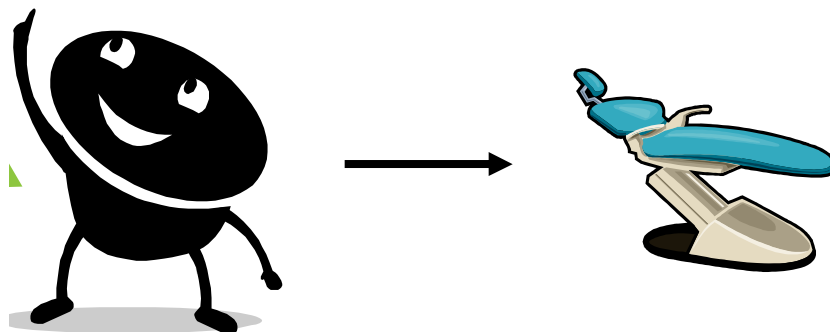
Then, I need to wait in the waiting area until the assistant calls my name. I need to wait quietly!



When my name is called, I will follow the assistant quietly to the dentist's office.



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



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



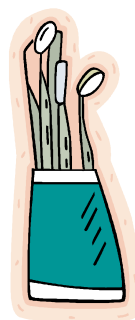
The dentist will turn on bright lights. If I do not like the lights, I can close my eyes.



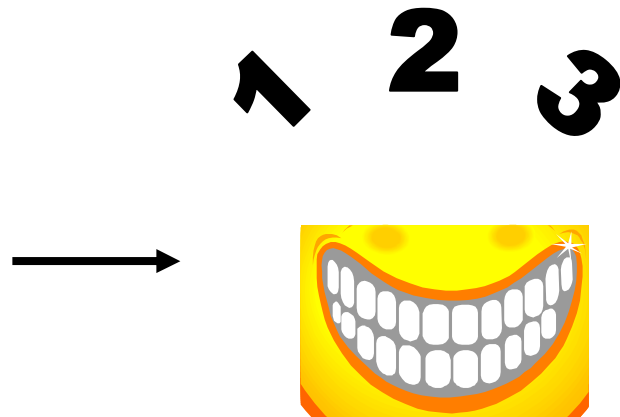
I will open my mouth and lie still and not move my head.



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



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

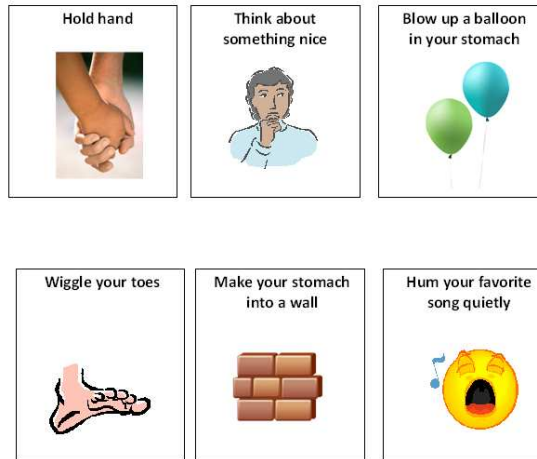


The dentist will brush my teeth with a special brush and toothpaste.



If I am scared, I can use my relaxation techniques

Relaxation Techniques



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



If the noise bothers me, I can wear my headphones

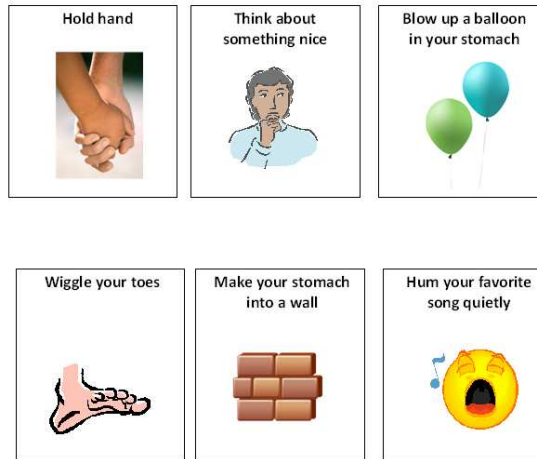


Sometimes, the dentist may use tools that make my mouth shake. This is OK!



If I am scared, I can use my relaxation techniques

Relaxation Techniques

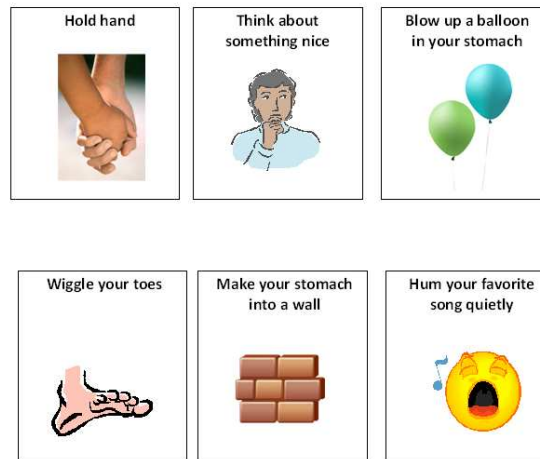


Sometimes, when I go to the dentist, I need to get a shot to help my mouth get numb. This is OK!

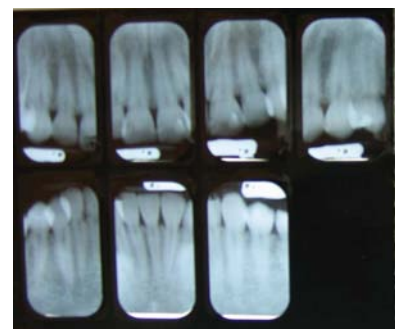


If I am scared, I can use my relaxation techniques

Relaxation Techniques



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



The dentist will put a special film into my mouth to take a picture. I need to lie very still, but this is OK!



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



Sometimes, the dentist blows air on 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 use a big straw. This is OK!



The dentist helps my teeth feel good and look nice!

