

My Daily Helper

Pink Bunny & Friends

Going to the Dentist



**A Social Story About
Taking Care of My Teeth**

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I Am Going to the Dentist



The dentist helps keep my teeth and mouth healthy.

Ask Together

What might happen during this step?



I Look at My Plan



A picture plan shows what may happen. I can bring a comfort item.

Ask Together

What might happen during this step?



I Arrive and Check In



I enter with my trusted grown-up and tell the desk we are here.

Ask Together

What might happen during this step?



I Wait for My Turn



I may read, play quietly, or use headphones while I wait.

Ask Together

What could help your body during this step?



I Meet the Dental Helper



The helper explains each tool before using it. I can ask questions.

Ask Together

What might happen during this step?



I Sit in the Chair



The chair may move back. I can ask to pause or sit up.

Ask Together

What might happen during this step?



The Dentist Checks My Teeth



A light, mirror, and small tools help the dentist look and clean.

Ask Together

What might happen during this step?



I Use My Coping Tools



I can breathe, squeeze a comfort item, look away, or ask for a break.

Ask Together

What might happen during this step?



I Learn What Comes Next



The dentist tells us how to care for my teeth and when to return.

Ask Together

What might happen during this step?





I communicated what I needed and cared for my teeth. I can feel proud.

Ask Together

What part of this experience are you proud of?

