

DENTAL SOCIAL STORY

Social stories are a concept devised by Carol Gray to help teach social skills to individuals with autism spectrum disorders. They are short descriptions of a particular situation or activity and emphasize the significant social cues. Appropriate responses and behaviors are given in the story. A social story may improve the individual's understanding of the activity and the expectations. Below is an example of a social story which can be read before going to the dentist.

Going to the Dentist

Adapted from Betsy Morse in Carol Gray's *The Original Social Story Book*

Soon I will be going to the dentist so that my dentist can look at my teeth. My dentist knows how to clean teeth and keep them healthy. It is very important that I keep my teeth clean and the dentist can help me do that.

When I get to the dentist's office, I will try to walk into the office quietly. I will sit in a chair and wait until it is my turn to see the dentist.

When it is my turn, I will follow the dentist or the dentist's helper into a special room. I will sit in another chair. The dentist likes it if I sit quietly.

I will try to open my mouth wide when the dentist asks me to. The dentist uses a special toothbrush to clean my teeth. It is different from the toothbrush that I use at home. It makes a loud sound. Sometimes I get to choose what flavor toothpaste I want. Sometimes the flavor tastes like bubble gum. The flavor might taste like strawberry. The dentist will put a special straw in my mouth to get all of the toothpaste out.

The dentist might put a special piece of cardboard in my mouth to hold between my teeth. The dentist takes a picture of my teeth with a special camera. This is called an X-ray.

The dentist might use an instrument to check my teeth. I will try to do what the dentist asks me to do.

After the dentist is done, my teeth will be cleaner. When I smile, people will see my clean teeth.

I will try to leave the dentist's office quietly. The dentist and the dentist's helpers will be happy that I did such a good job to help them out.