I am Going to the Dentist!
A Social Story
What are Social Stories?

Social Stories™ were developed by Carol Gray, President of The Gray Center. A Social Story™ describes a situation, skill, or concept in terms of relevant social cues, perspectives, and common responses in a specifically defined style and format. The goal of a Social Story™ is to share accurate social information in a patient and reassuring manner that is easily understood by its audience. Half of all Social Stories™ developed should affirm something that an individual does well.

Kingma Pediatric Dentistry is not associated with Carol Gray or the Gray Center in any way.

This social story is designed to introduce your child to Dr. Kingma and Kingma Pediatric Dentistry. Use it as a fun and interactive tool to help your child know what to expect when they visit our office. Our hope is that this social story will ease anxiety and help prepare your child for a more successful and enjoyable dental appointment!
I’m going to the Dentist! My dentist is at Kingma Pediatric Dentistry.

This is my dentist. His name is Dr. Brett. He is nice.
we drive to the dentist office and park in the parking lot. This is the building.
We walk in the front door and down the hallway. We go through this door at the end of the hallway on the right.

This is the waiting room. There are fish to look at, books to read, TV to watch and toys to play with.
A hygienist comes to say hello. We walk down a hallway together. Mom or dad can come too.

We walk to the front desk and tell the nice receptionists that we are here. I play until it is our turn.
Sometimes we stop at this chair to take special pictures of my teeth. I wear a heavy vest to protect my body.

The hygienist puts this Crocodile Stick in my mouth. She uses a camera to take a picture. It does not hurt!
Next, I sit in a big comfortable chair like this. The hygienist asks us questions. I can use relaxation tools like deep breathing, counting to ten, and humming my favorite song to stay calm.
The hygienist tips the chair back like a bed when I am ready. She turns on a bright light to see my teeth. I get to wear sunglasses like this monkey!

The hygienist cleans my teeth with a special toothbrush. I say “Ahh” and open big like a brave lion. It tickles a little and does not hurt! These are the fun tools she uses:

The toothpaste tastes yummy!
Next, Dr. Brett comes to say hello and see my shiny, clean teeth. Dr. Brett counts my teeth with his mirror and counter. This does not hurt either! I am so brave!

Sometimes Dr. Brett paints my teeth with fluoride to protect against sugar bugs and to make them healthy and strong.
I get a special gold coin from my hygienist to use in the prize tower for doing my best today! I get a sticker too! Awesome!!
When I am done picking out my special prize, sticker and toothbrush bag I come to the playroom. I wait here for my hygienist. It is really fun in here! I have a great time. Then, my hygienist will come back to get me and walk me out to meet my mom or dad.
I go back to the waiting room with my mom or dad! I tell them all about how fun my visit was today and how nice everyone was. I can’t wait to come back again next time!
Kingma Pediatric Dentistry is proud to be your dental home! Please visit our website and follow us on Facebook for more information about our practice.