SOCIAL STORIES

Social Story: Visiting the Dentist

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A simple social story about a dental visit, with space to add the real surgery and the supports that help.

This is a simple social story you can adapt. Change names, details and wording so they are true for this person. Read it when things are reasonably calm, not only in a crisis. It is a support, not a script the person must perform, and it is not a licensed or official programme. Stop if it adds worry. This is not dental advice.

Who this is for

Children and young people preparing for a dentist appointment, and the adults supporting them.

What is inside

- How to use the story
- Story pages
- A notes page

Please read this first

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. It does not guarantee an assessment, plan, adjustment, payment or any other outcome. Check current official guidance (for example GOV.UK) and get individual advice from SENDIASS, IPSEA or a suitably qualified adviser when you need it.

How to use this story

This is a simple social story you can adapt. Change names, details and wording so they are true for this person. Read it when things are reasonably calm, not only in a crisis. It is a support, not a script the person must perform, and it is not a licensed or official programme. Stop if it adds worry.

Call the surgery first if you need a quieter time, a longer appointment, or information about what will happen. Put only true details in the story.

VISITING THE DENTIST

I am going to the dentist

I am going to see a dentist. A dentist is a person who looks after teeth. The visit is to help my teeth stay as healthy as they can.

I can take someone I trust with me, if that is allowed. I can take a comfort item if that helps.

Who will go with me, and what I can take

VISITING THE DENTIST

Arriving and waiting

We will go into the building and tell someone I have arrived, or follow the instructions my family has been given.

I may have to wait. Waiting can be hard. I can use a book, a quiet activity, or headphones if that is okay in that place.

What I can do if I have to wait

VISITING THE DENTIST

In the dental room

I will sit in a special chair. The chair may move up or back. The dentist or nurse can tell me before it moves if I ask.

There may be bright light, a water spray, and some noises. I can ask them to say what will happen next. I can ask for a break if I need one.

Things that might bother me, and what I will ask them to do

VISITING THE DENTIST

Looking at my teeth

The dentist may look in my mouth and count my teeth. I may be asked to open my mouth and stay as still as I can. I can do my best. I do not have to be perfect.

If I need other treatment, they should explain it. My family can ask questions. If I am not ready, we can talk about what happens next.

The words I can use if I need a break or I am not ready

VISITING THE DENTIST

When it is finished

When the visit is finished, I can leave the room and go home, or to the next place we have planned.

I have got through the appointment, one step at a time.

What we might do after the appointment

Notes

The surgery name, supports we have asked for, and anything I will change in the story

Useful next steps and sources

Use what helped in this pack and leave the rest. You can come back to it when you need to. Live tools on mysendfriend.co.uk remain free, including Help Me Now, the SEND Letter Builder, the Reasonable Adjustments Builder, the DLA and PIP Claim Planners, and the free resources hub. Saving work to My SEND Plan is optional.

Where to check official or independent information

Guidance and benefit rules can change. Check the current official position, and get individual advice when you need it.

- mysendfriend.co.uk family and school resources
- Adapt every story so the facts are true for this person
- This is not a licensed Social Story™ product

> **A reminder about this free pack**
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