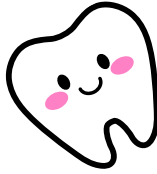


Dental Visit Tips

Evidence-Based ABA Supports for Autistic Children at the Dentist

Play Dentist at Home

- Color teeth yellow on a laminated mouth sheet using a dry-erase marker.
- Let your child "brush" them away with an eraser toothbrush.
- Add stickers each time the teeth shine earn a reward!
- Practice on a stuffed animal or doll so the dentist can "check their teeth first."



Practice for X-Rays

- Play "Tooth Pictures!" at home:
- Use a straw or spoon between teeth for 2 seconds.
- Wear a backpack to mimic the vest.
- Let your child's toy get the picture first!
- Count "1-2-3 – All done!" then celebrate.



If Sedation Is Needed

- Explain gently: "You'll take special sleepy breaths so your body can rest while the dentist helps your teeth."
- Bring headphones, blanket, and visuals.
- Review a simple sedation social story before the visit.
- Plan a "Tooth Hero Celebration" afterward!

During the Visit

- Use visuals ("Car → Waiting → Chair → Prize").
- Praise every brave step: "You opened your mouth – shiny work!"
- Ask the dentist to demonstrate on your child's toy first.
- Use short breaks and calm breathing if anxious.

Parent Sparkle Checklist

- Practice brushing & play dentist at home
- Call office ahead with supports
- Pack Smile Kit & comfort items
- Review visuals or social story
- Reward brave steps all day long!

Call the Dentist Beforehand

Tell them your child is autistic and share what helps: quiet voice, short visits... explaining steps first."

Ask for:

- First/last appointment of the day
- Dimmed lights and low noise
- A preview visit or waiting in the car
- Permission to bring comfort items

Give them your "About My Child" sheet with calm tips and triggers.

Pack Your Smile Kit

Headphones	Comfort toy
Preferred Snack	Sunglasses
Tablet	Small toy
Preferred Toothbrush	Prize for after

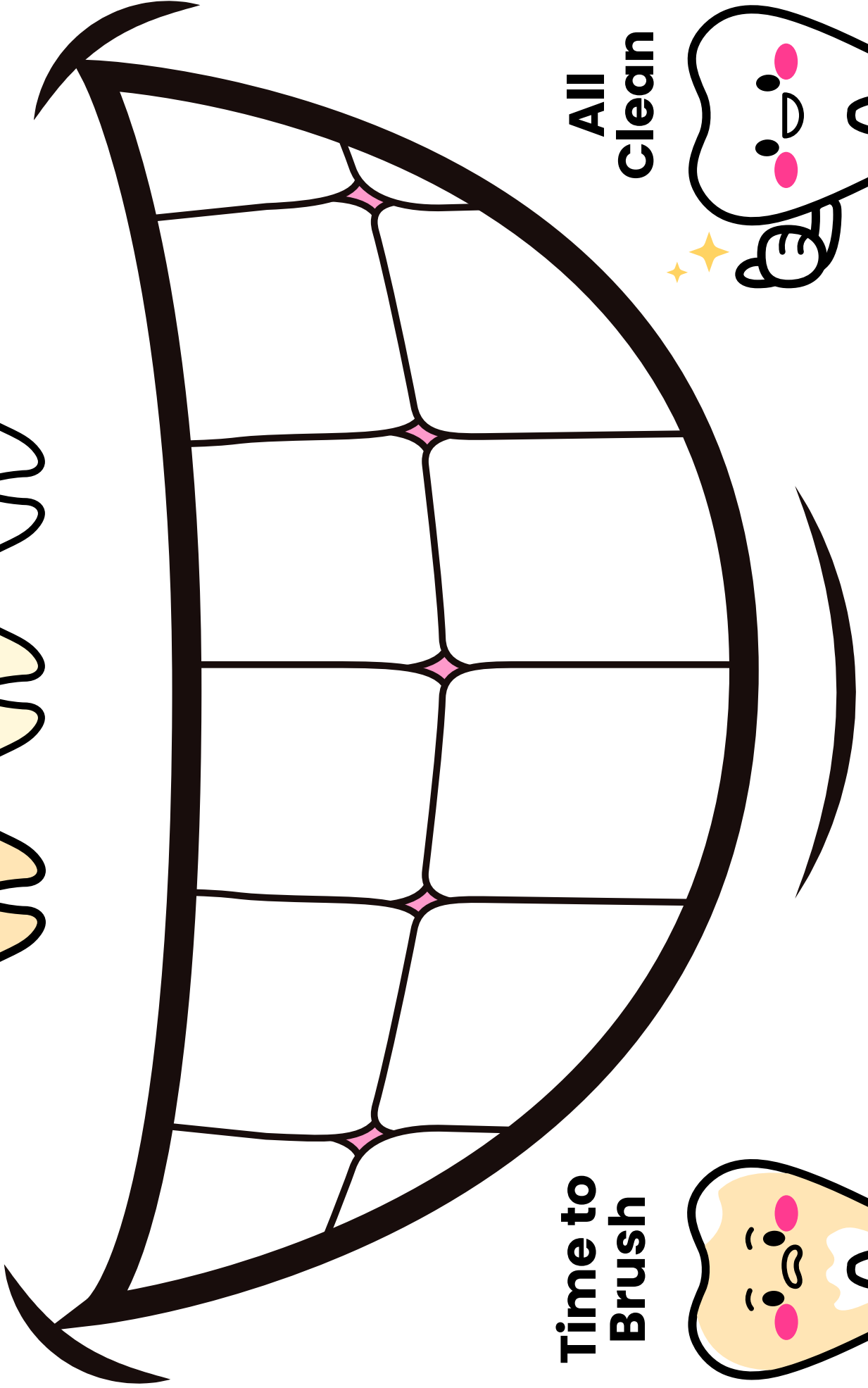
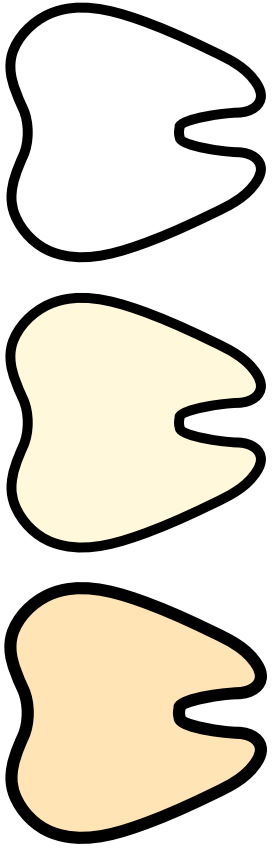
Keep one favorite item only for appointments, novelty boosts motivation.

After the Visit

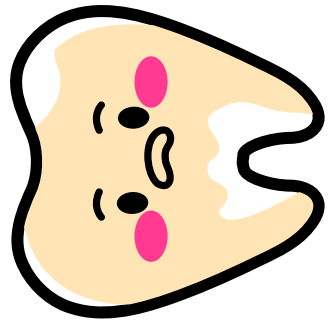
Take a smiling photo, add a sticker to the "Tooth Hero Chart," and talk about how proud you are.

Celebrate with a special treat or outing.





**Time to
Brush**



**All
Clean**



Dry Erase Fun

- **Laminate the Smile Sheet**
- **Color the teeth with a yellow or brown dry erase marker**
- **Use a toothbrush and cover the tip area with any small piece of material. A dry erase pen would also work**
- **Brush the yellow off the smile until clean.**
- **Have fun, you can draw cavities or other fun items to erase off.**

Items you will need:

- **Laminating Sheets**
- **Laminator**
- **Dry Erase Marker**
- **Toothbrush**
- **Material to cover the toothbrush**
- **Dry Erase Pen Eraser**

Teddy Bear Dental X-Ray

