Visit to a dentist might be quite challenging for an individual with an autism spectrum disorder. To help reduce the stress and acquaint with the specific steps of the visit, schedules can be used.

To learn more:
- **How-To Template: Schedules** ([http://www.handsinautism.org/tools.html](http://www.handsinautism.org/tools.html))

Other resources:
- **Strategy at Work: Dentist Visit Social Story** ([http://www.handsinautism.org/tools.html](http://www.handsinautism.org/tools.html))
- **Strategy at Work: Toothbrushing Schedule** ([http://www.handsinautism.org/tools.html](http://www.handsinautism.org/tools.html))

**To Make:**
1. Check with your dentist regarding specific steps.
2. Modify the schedule, if needed.
3. Print out the schedule.
4. Laminate the schedule.
5. Cut out steps and place on a velcroed board (for pull-off schedules).

**To Use:**
1. Give a standard phrase (e.g., “Check schedule”).
2. Prompt the individual (from behind) to go to the schedule.
3. Prompt the individual to look at or point to the first activity.
4. Prompt the individual to go to the location of the first activity.
5. When the activity is over, give the standard phrase again and prompt the individual back to the schedule.

**Materials provided are samples only!**
They may need to be individualized to meet the particular needs of a person with an ASD!
## Time to Visit Dentist

- Go to the receptionist and say your name
- Fill out forms
- Wait in the waiting room
- When my name is called, follow the assistant to the office
- Sit down in the chair
- Choose your reward
- Assistant turns on dental light
- Assistant puts on the bib
- Sit still and do not move your head
- Wait while assistant cleans teeth
- Wait while dentist takes a picture of teeth
- Wait while dentist examines teeth
- Check out at the receptionist’s desk

**Finished!**