

Resources to Help Make Your Child's Visit to the Dentist Easier

Going to the dentist can cause anxieties to many individuals, particularly children, it can be especially challenging for those children who may have additional needs particularly if they have sensory processing issues. Preparation for a dental visit is vitally important to ensure that it goes as smoothly as possible for the individual involved and so that it can be a pleasant experience. If an individual is familiar with the dental environment such as the dental equipment including the chair and the light and that they will be asked to sit in the seat and to have a ride in the dental chair and a dental mirror will be used, they will be well prepared to reduce the anxiety that this can cause when they are first faced with it.

We have put together a few resources that we hope will make the process of familiarising your child with going to the dentist easier and make their first experience a more enjoyable one.

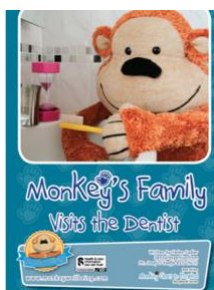
1. **The National Autistic Society 'Preparing for a visit to the dentist'**

This site has some useful tips on going to the dentist to help your child

[Going to the dentist \(autism.org.uk\)](http://autism.org.uk)

2. **Monkey's Family Visits the Dentist**

This is a useful social story on going to the dentist to familiarise your child with the dental environment



[Dental - Monkey Wellbeing](http://Dental-Monkey-Wellbeing)

3. **Oxfordshire Community Dental Service Social Story**

If you would like a social story specific to visiting one of the Oxfordshire Community Dental Clinics you can download the Social Story Creator and Library App on an electronic device and make a request for the link to the dental social story by emailing jennifer.slatter@oxfordhealth.nhs.uk . If you would like a paper copy, please use the same email to request one.

4. A useful video on going to the dentist for professionals

<https://www.autismspeaks.org/family-services/tool-kits/dental-tool-kit>

Making life easier in the Dental Surgery

There are some things that can make a huge difference to an individual during a dental visit

- Sunglasses if there is a sensitivity to the light
- Headphones if an individual is particularly sensitive to noises
- Use of plastic instruments if they are available instead of metal instruments as some individuals do not like the sensation of the metal instruments
- Knowing that the treatment can be stopped if the individual is not happy by raising a hand
- A choice of flavours of items such as the fluoride varnish if an individual is sensitive to certain tastes

For any further information please contact oral.health@oxfordhealth.nhs.uk