

Child Preparation Tools

Dr. Hernandez has created these video models and social stories for parents, therapists and children. The video model is a useful tool to help prepare your child for his or her visit. Please review the links below prior to sharing the appropriate video with your child.

If your child appears to be fearful, you may want to turn the volume off and practice the visuals in isolation. As the child gets familiar with the visuals gradually turn up the volume.

The video displays each tool while keeping the background minimally busy to increase the salience of each tool. While the sounds and visuals cannot replicate the exact sensations of the tool, it introduces some of the more aversive sensory components in a less threatening environment (home / school). Hence the repeated use of these videos may help prepare your child for a cleaning visit.

1. Video model – Cleaning visit

This video model displays a typical cleaning visit. It provides the visuals and the sounds of tools used by a dentist in each step of the cleaning. Your child may not need scaling or use of an electronic scaler unless they have calculus buildup on their teeth.

Instructions: You may want to share this video and read the social story (provider specific) with your child several times before their dental visit. If your child appears to be fearful, you may want to turn the volume off and practice the visuals in isolation. As the child gets familiar with the visuals gradually turn up the volume.

Uses: For all children, for children with hypersensitivity to sounds, special needs, or extreme phobia – repeated viewing of the video model may be helpful in preparing the child for their cleaning visit.

<http://www.youtube.com/watch?v=owfSetIrCAA>

2. Video model – Dental exam

This video model displays a child model and the dentist performing a dental exam visit. This video model is also a useful link on how therapists / parents can practice an exam visit in the home / school setting.

Instructions: You may want to share this video and read the social story (provider specific) with your child several times before their dental visit. If your child appears to be fearful, you may want to turn the volume off and practice the visuals in isolation. As the child gets familiar with the visuals gradually turn up the volume.

Uses: For all children, special needs, or extreme phobia – repeated viewing of the video model may be helpful in preparing the child for their cleaning visit.

The video is also useful for therapist / parents to view and then simulate a dental exam visit in practice sessions in the home and school setting.

<http://www.youtube.com/watch?v=kffZfGnTw5I>

3. Video model – Dental Mirror

This video model focuses on a dental mirror. The dental mirror is a tool that is used in the mouth to check teeth. The mirror is described in isolation and then in the mouth. A parent / therapist can buy a dental mirror from drugstores and practice this in the home before your child's dental visit.

Instructions: You may want to share this video and read the social story (provider specific) with your child several times before their dental visit. If your child appears to be fearful, you may want to turn the volume off and practice the visuals in isolation. As the child gets familiar with the visuals gradually turn up the volume.

Uses: For all children, for children with hypersensitivity to sounds, special needs, or extreme phobia – repeated viewing of the video model may be helpful in preparing the child for their cleaning visit.

<http://www.youtube.com/watch?v=PDTbW76WKr0>

4. Video model – Dental Explorer

This video model focuses on a dental explorer (hooked instrument). The mirror is described in isolation and then in the mouth. A parent / therapist can buy a dental explorer from drugstores and practice this in the home before your child's dental visit. You may want to desensitize your child to a dental explorer by counting his or her fingernail.

Instructions: You may want to share this video and read the social story (provider specific) with your child several times before their dental visit. If your child appears to be fearful, you may want to turn the volume off and practice the visuals in isolation. As the child gets familiar with the visuals gradually turn up the volume.

Uses: For all children, for children special needs, or extreme phobia – repeated viewing of the video model may be helpful in preparing the child for their cleaning visit.

<http://www.youtube.com/watch?v=DpA3j9t9egg>

5. Video model – Dental Scaler

This video model focuses on a dental scaler. The scaler is described in isolation and then in the mouth. Young children may or may not need scaling every visit. It is often used for older children or when the child has calculus buildup on teeth.

Instructions: You may want to share this video and read the social story (provider specific) with your child several times before their dental visit. If your child appears to be fearful, you may want to turn the volume off and practice the visuals in isolation. As the child gets familiar with the visuals gradually turn up the volume.

Uses: For all children, for children with hypersensitivity to sounds, special needs, or extreme phobia – repeated viewing of the video model may be helpful in preparing the child for their cleaning visit.

<http://www.youtube.com/watch?v=armXvymWlPg>

6. Video model – Electronic Dental Scaler

This video model focuses on an electronic dental scaler. The electronic dental scaler is described in isolation and then in the mouth. Young children may or may not need scaling every visit. It is often used for older children or when the child has calculus buildup on teeth. The electronic dental scaler has an unusually high-pitched sound and a spray of water that may startle young children.

Instructions: You may want to share this video and read the social story (provider specific) with your child several times before their dental visit. If your child appears to be fearful, you may want to turn the volume off and practice the visuals in isolation. As the child gets familiar with the visuals gradually turn up the volume.

Uses: For all children, for children with hypersensitivity to sounds, special needs, or extreme phobia – repeated viewing of the video model may be helpful in preparing the child for their cleaning visit.

<http://www.youtube.com/watch?v=UcnuNTMnx6s>

7. Video model – Dentist Toothbrush

This video model focuses on a dental toothbrush. The dentist uses a motorized “prophy angle” with a soft rubber cup to clean the child’s teeth. The toothbrush is described in isolation and then in the mouth. A parent / therapist can buy a motorized toothbrush from drugstores and practice this in the home before the child’s dental visit. Repeated viewing of this video may help your child with their cleaning visit.

Instructions: You may want to share this video and read the social story (provider specific) with your child several times before their dental visit. If your child appears to be fearful, you may want to turn the volume off and practice the visuals in isolation. As the child gets familiar with the visuals gradually turn up the volume.

Uses: For all children, for children with hypersensitivity to sounds, special needs, or extreme phobia – repeated viewing of the video model may be helpful in preparing the child for their cleaning visit.

<http://www.youtube.com/watch?v=DoontZwgjtw>

8. Video model – Dental Suction (Mr. Thrifty)

This is the video model of the dental suctions that are used to remove saliva and fluids from the mouth. The video displays the suction in isolation and in the mouth.

Instructions: You may want to share this video and read the social story (provider specific) with your child several times before their dental visit. If your child appears to be fearful, you may want to turn the volume off and practice the visuals in isolation. As the child gets familiar with the visuals gradually turn up the volume.

Uses: For all children, for children with hypersensitivity to sounds, special needs, or extreme phobia – repeated viewing of the video model may be helpful in preparing the child for their cleaning visit.

<http://www.youtube.com/watch?v=RmOaApCHYa8>

9. Social Story – Dental Cleaning with Dr. Hernandez

Please attach link

10. Social Story – Dental Cleaning with Dr. Fatina

Please attach link

11. Social Story – Dental Cleaning with Athena (Hygienist)

Please attach link