



TASK ANALYSIS

A Dentist Visit Routine



1 Walk into the clinic



I walk into the dentist office.

2 Wait calmly



I sit and wait calmly.

3 Sit in the dentist chair



I sit in the dentist chair.

4 Open mouth



I open my mouth.

5 Let dentist look at teeth



I let the dentist look at my teeth.

6 Stay calm during cleaning/checkup



I stay calm while my teeth are cleaned and checked.

7 Finish and leave calmly



I am all done. I leave the dentist office calmly.

VISUAL REMINDER

FIRST



THEN



First dentist visit, then I earn a reward.

REINFORCEMENT IDEAS

- Praise
- Sticker
- Small toy
- Extra play time
- Favorite activity



♥ Small steps lead to big success! ♥