



Photo credit: Kernan Rehabilitation hospital

I'm Going To The Hospital

A written story to help children prepare for a hospital setting dental visit
by [Sunday Stilwell](#) of [extremeparenthood.com](#)

Distributed by [Support for Special Needs.com](#)

Soon I will go with to the Hospital to see the dentist.



Because the appointment is very early in the morning, I can't eat or drink anything before I go.



But when we are all done I can have all the drinks and snacks that I want!

I can bring my favorite stuffed animal and my iPad with me to the hospital.



Photo credit: Sunday Stilwell

My family will be there with me too, the whole time.

If I feel scared, I can hug my stuffed animal or play with my iPad to make me feel calm.

The dentist will fix the teeth in my mouth
that have boo-boos.



and make them feel all better!



I will put on some special clothes when we get to the hospital. I will wear a gown that ties in the back and I even get a hat.



Photo credit: Sunday Stilwell

I will also get to wear a special bracelet with my name on it.



When it's time to have my teeth fixed the nurse will give me a shot to make me feel sleepy. It doesn't hurt very much and I can hug my stuffed animal if I feel scared.



Soon after I will begin to feel very sleepy they will take me into a special room to have my teeth fixed.



While I am sleeping the dentist will make my teeth feel all better. They will fix the ouchies and clean them too.



When I wake up my mouth may hurt but the doctor will give me medicine to help the pain go away.



When I wake up I can play with my iPad, hug my stuffed animal, and have a snack and a drink while we wait to go home.



Photo credit: Sunday Stilwell

Later If my mouth still hurts I can show Mommy how much by pointing to these pictures.

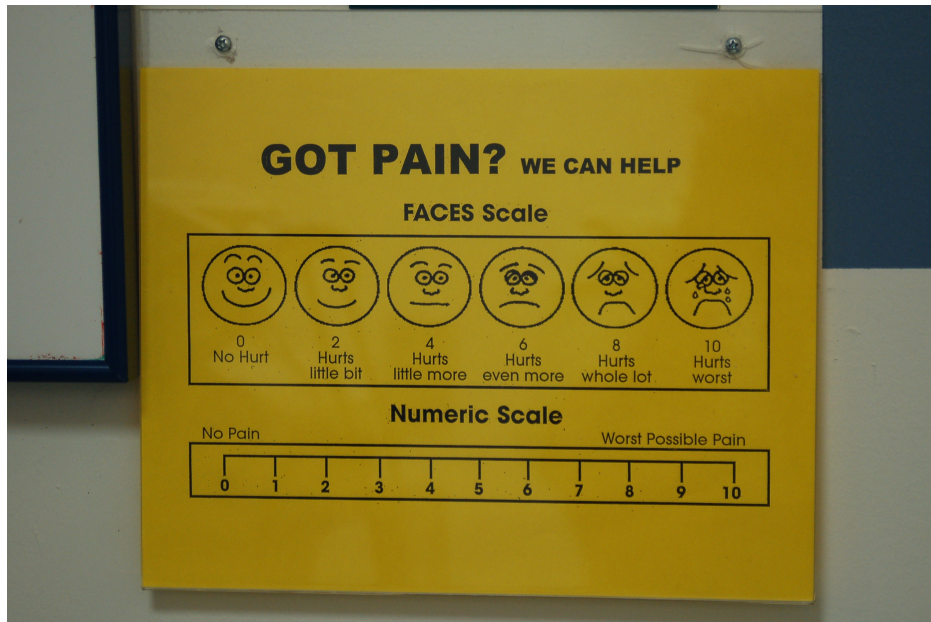


Photo credit: Julia Roberts, Support for Special Needs

And then Mommy will give me more medicine to make the pain go away.

It feels good to know what will happen when I go to the hospital soon. I can read this story anytime I am feeling scared or anxious about it.