



Zintuigenverhaal

Jip is going to the dentist



Sensory Story – Jip is going to the Dentist

Photos and icons



The reading instructions are at the back of this story

1

Jip is going to the dentist. First, brush your teeth well!

(Feel the toothbrush)



2

Look, there's the dentist. He's wearing a face mask.

(Look at the face mask, feel it, and maybe put it on)



3

Jip gets to sit in the big chair. Zzzzzz... the chair reclines!
(play the sound of a dentist's chair (see link at the bottom))
(optionally, move backward together)



4

There's a big light above Jip. Are you keeping your eyes open or closed, Jip?

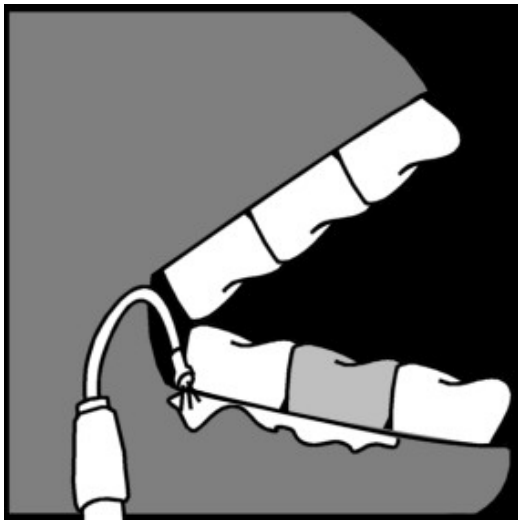
(shine a flashlight)



5

The dentist sprays water into Jip's mouth. It splashes a little!

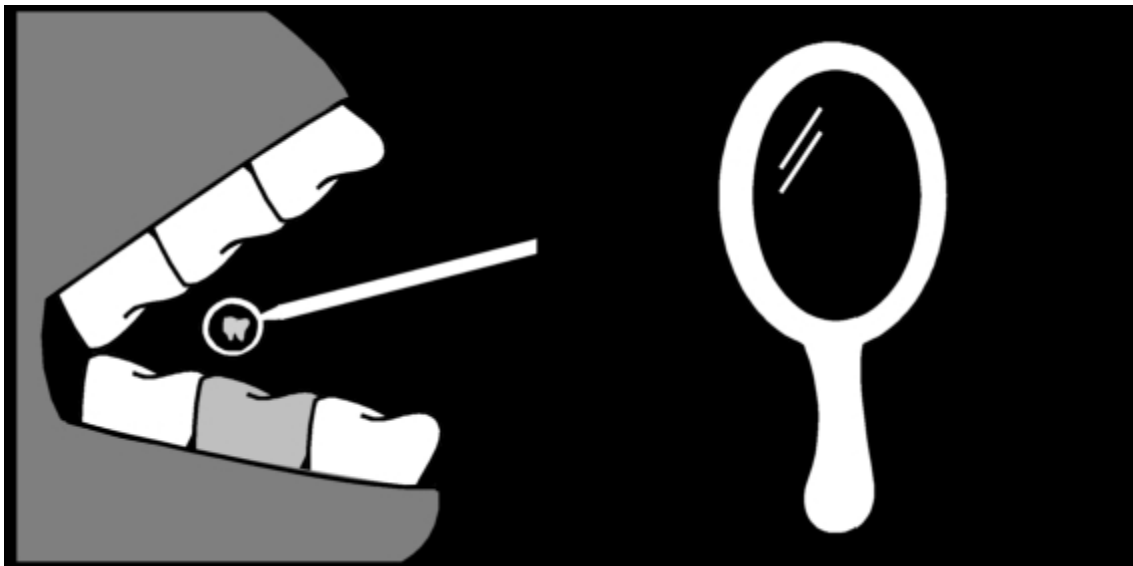
(Spray water with a syringe)



6

The dentist looks in Jip's mouth with a mirror. Can you see your teeth too, Jip?

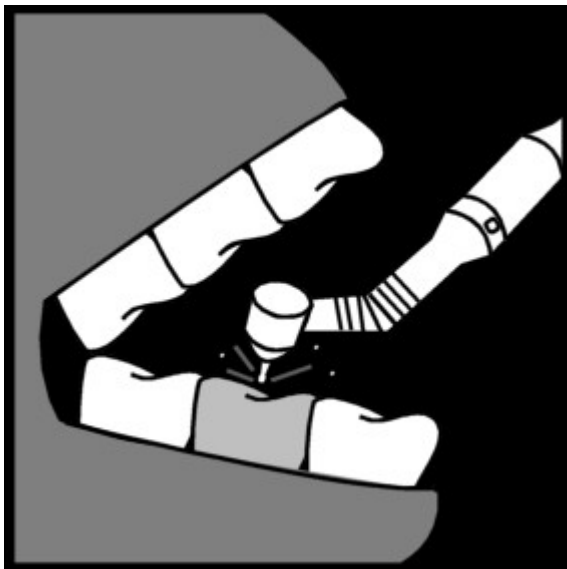
(Shine a mirror into his mouth, possibly with a large mirror next to it)



7

The dentist has a tool. It vibrates/makes a noise!

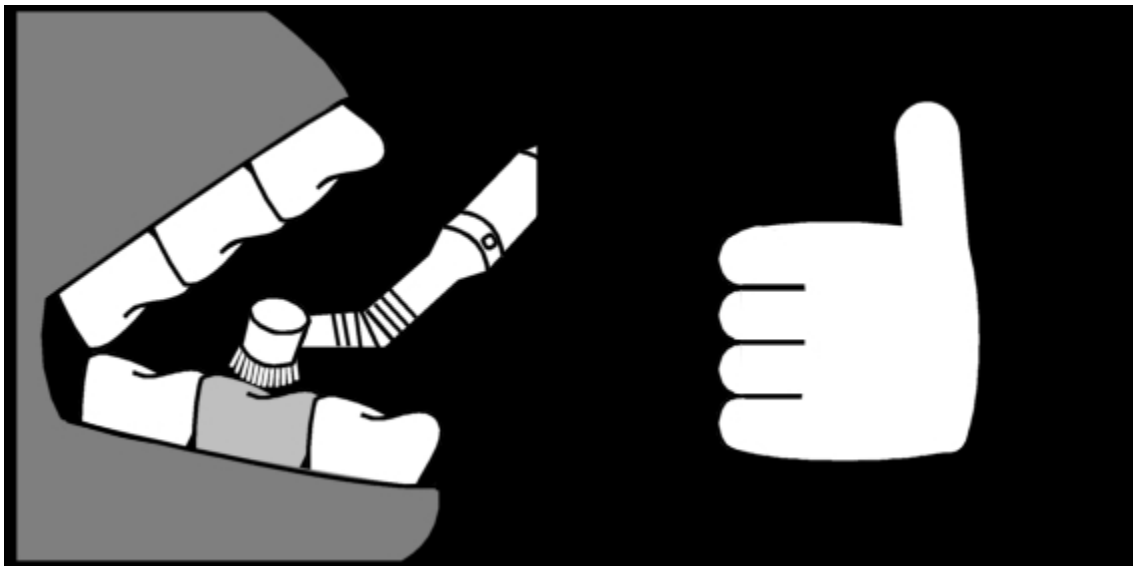
(play a sound like polishing or drilling—see the link at the back, or let them feel the vibration)



8

Jip gets a kind of toothpaste from the dentist.
That's how his teeth get nice and white. Now Jip is all done.
Good job, Jip!

(Let the child taste the toothpaste)



Instructions for the Reader

Note: In this story, choices have been made regarding the visit to the dentist and the accompanying photos. Our aim is to provide an example that can then be adapted to your own situation (possibly using your own photos as well). For more tips and advice, see the “Guide to Sensory Stories for Special Occasions” at www.zintuigenverhalen.nl. You can also find beautiful photos at [Preparing for Your Visit - SBT](#)

Purpose

The primary goal of a sensory story is to enjoy a pleasant moment together. In addition, reading aloud can stimulate communication and interaction. This story can also help in preparing for and communicating about the visit to the dentist.

Why this story?

A visit to the dentist (or dental hygienist) doesn't happen every day. That's why it can be nerve-racking; there are strange machines that vibrate or hum—or sometimes feel nice. With a sensory story, you can provide information about this beforehand and discuss it afterward. This can make the visit more predictable and help someone learn terms related to the dentist and oral care.

You'll need

- toothbrush (preferably electric)
- face mask
- sound of a dentist's chair (via phone or voice button)
- flashlight
- syringe with water
- small mirror
- toothpaste

Note: There are also dental kits available that contain some of the materials you can use in this story, such as a dental mask, mirror, water syringe, vibrating device, etc.

	
	<i>Take a look at the dental mask and demonstrate how to put it on one of you. Note: For hygiene reasons, be sure to use a new dental mask each time or have only the same person demonstrate putting it on.</i>

		Record the sound of the dental chair during a visit, or play this video: ASMR Dental Office Sounds (dentist drills, dental chair, scaling teeth, etc.) via your phone or a voice button.
		For the dental lamp, you can use a flashlight or an “old-fashioned” desk lamp. Be careful not to shine the light directly into someone’s face, but rather at an angle toward their head, for example. If you’d like, try together to see if you can still “see” the light with your eyes closed.
		To do this, use a syringe (without a needle, of course!), a water bottle, or a water gun. Squirt a little water—it can go in the mouth if someone likes that or wants to drink it, but it can also go on the table, a hand, or next to the mouth. And it’s even more fun if the other person gets to spray you with water, of course!
		The dentist’s kit sometimes includes a vibrating tool. Otherwise, it’s best to use an old electric toothbrush; let them feel the toothbrush on, for example, their hand, arm, or cheek. Or play a different sound from the “ASMR Dental Office Sounds” video (dentist drills, dental chair, scaling teeth, etc.).

Preparation

- Choose which version you'll read aloud (photos, pictograms, PCS symbols). If necessary, consult with an expert (such as a speech-language pathologist) about which gestures and images (photos, pictograms, or PCS symbols) are most suitable for this person.
- Print out the document and place the story pages in a ring binder or laminate them.
- Are all the materials ready?
- Check whether the story might need to be shortened: are all the concepts relevant and recognizable to the person? The story is designed so that you can easily omit a page.
- Are the gestures familiar?
- Practice the story in advance.

At the beginning

Can the person focus on the story? Is the person alert? Are there any physical discomforts? Is the environment quiet? Does it fit into the daily schedule?

Reading Aloud

- Read and sign the page.
- Let them experience the sensation.
- Give the person time to experience it.
- Name and sign (again) the most important words.
- If possible, ask a question about the page or the experience.
- Give the person a little more time.
- Respond to reactions, such as facial expressions or pointing.
- Put the object back in the box.
- Turn to the next page.

Wrap-up

Finally, put the materials back in the box. The story is over.

Application in Other Situations

Use the gestures from this story in other situations as well. By incorporating the concepts into activities throughout the day, the ideas can be applied, and the story can take on even more meaning next time—for example: "Look, your teeth are nice and clean! Just like at the dentist!"

Enjoy!

Reading aloud is especially fun. 😊

What else you need to know

This sensory story may be shared in its current PDF format. For more information, send an email to zintuigenverhalen@kentalis.nl or visit www.zintuigenverhalen.nl

Image Credits

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The image of the dentist (2) and the dental chair (3) were generated by Copilot (AI), as were the icons for the face mask (2) and the dental chair (3).

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Subsidienummer: 10840302210002