



My Healthy Smile

A collaboration between Delta Dental of Nebraska and Fraser Institute

Children with special needs often have unique challenges (i.e., touch, smell, light and sounds can be uncomfortable to intolerable) that can make dental visits and establishing good daily oral health habits extremely difficult.

Fraser Institute, an award-winning Minnesota non-profit organization addressing the issues of special needs children, adolescents and adults through education, healthcare and referral resources, collaborated with Delta Dental of Nebraska to develop *My Healthy Smile*, an interactive CD that uses social stories to ease anxiety around dental visits.

My Healthy Smile:

- Designed for children between the developmental ages of 3 and 10 (Beginners, Intermediate, and Advanced)
- Especially effective for children with autism or developmental disabilities; could also be used by adults with developmental disabilities
- Offers 11 social scripts, printable tip sheets, storyboards, and information for both parents and health professionals
- Dental office topics include: teeth cleaning, taking x-rays, and dental fillings
- Oral health care topics include: losing a tooth, tooth brushing, getting braces, and healthy eating
- Compatible for PC and MAC computers
- \$34.95 each

For more information on *My Healthy Smile* please visit: www.fraser.org.