

# ABA Ready, Set, Smile! – October 2025

## Overview

### Goal

Designed to help families and children gradually build comfort with the dental experience through structured, role-play exposure. It's especially supportive for children with communication challenges or dental-related anxiety, aiming to reduce trauma and increase tolerance for routine oral care.

### Target Audience

This virtual training program is designed for families and children, primarily ages 4 to 12+, who may experience anxiety, distress, or sensory sensitivities related to dental visits. It's especially beneficial for children with limited or no verbal communication and for families seeking to prevent negative or traumatic first-time dental experiences.

### Benefits and Outcomes

- Increased tolerance for each step of the dental visit, such as sitting in the chair or allowing a mirror in the mouth
- Reduced distress behaviours, including crying, hitting, or fleeing
- Greater readiness for future dental visits through gentle, supportive exposure
- Anecdotal improvements reported by parents, including reduced anxiety and improved cooperation during oral care routines

## Important Links and Information

Go-to links and information to use when promoting the program.

### Program

#### Dates and Times

7-week virtual family training program

- Start Date: Oct 29, 2025
- End Date: Jan 7, 2026
- Days and Times: Wednesdays
- Location: Virtual (Group & Individual Sessions)

## Cost and Fees

\$865 CAD per participant

1. *We accept payments from private and OAP funding sources. For more information, please [contact us](#).*
2. *Additional expenses will be required for essential equipment, such as dental tools, gloves, and masks. A recommended list of where you can purchase these items will be provided.*

## Important Links

- Program: [sparkcares.ca/readysmile](https://sparkcares.ca/readysmile)
- Program Registration: [bit.ly/readysmile-register](https://bit.ly/readysmile-register)
- Program Schedule: [bit.ly/readysmile-schedule](https://bit.ly/readysmile-schedule)

## Information Session

Hosting a free information session on Zoom

- Date: Oct 1, 2025
- Time: 12:00 PM
- Zoom URL (with registration): <https://bit.ly/readysmile-info>

## Contact Information

- Primary Contact: [hello@sparkcares.ca](mailto:hello@sparkcares.ca)

## Email

- Announcement: <https://mailchi.mp/sparkcares/enrollment-open-youth-on-the-go-12832747>
- Reminder: <https://mailchi.mp/sparkcares/enrollment-open-youth-on-the-go-12832403>

## Social Media

## Captions

### Announcement / Feature

Dental visits can be overwhelming for children, families, and caregivers alike. 🦷

From sensory sensitivities to past negative experiences, even the thought of a check-up can bring on big emotions.

That's why we created Ready, Set, Smile!: a gentle 7-week desensitization program designed for families and children who may be anxious, non-verbal, or new to dental care. This #virtual training program helps build confidence step by step through role-play-based practice, familiarization with tools, and a strong focus on emotional safety.

We are here to make “going to the dentist” feel a little less scary and a lot more supportive.

 Program starts October 15.

✨ Learn more and register: [sparkcares.ca/readysetsmile](https://sparkcares.ca/readysetsmile)


#DentalCare #PediatricCare #NeurodiversityAffirming


### Information Session


Does your child struggle with going to the #dentist? 

Learn how our new Ready, Set, Smile! program can help!

Join Registered Behaviour Analyst, Teena Mehta-Aziz, for a free virtual info session where we'll share how our gentle role-play-based approach helps children build confidence, reduce dental anxiety, and prepare for stress-free visits.

 Wednesday, October 1

 12-1 PM ET


 Virtual (Zoom)

This is a great opportunity for parents, caregivers, and community partners to learn how this program can support children who are anxious, non-verbal, or new to dental care.

✨ Reserve your spot: [bit.ly/readysetsmile-info](https://bit.ly/readysetsmile-info)

#DentalCare #PediatricCare #NeurodiversityAffirming

### Pain Point

Every child's dental experience should be built on trust, not trauma. 

If dental visits bring anxiety, meltdowns, or fear for your child, you are not alone.

Ready, Set, Smile! is a gentle, 7-week #virtual family training program designed to nurture positive dental experiences, step by step, at your child's pace.

Through role-play-based practice, emotional safety, and caregiver support, we're here to make dental care feel possible (even positive).

🚀 Program starts October 29.

🌟 Learn more and register: [sparkcares.ca/readysmile](https://sparkcares.ca/readysmile)

#DentalCare #PediatricCare #NeurodiversityAffirming

## Reminder

📅 Registration for Ready, Set, Smile! closes October 27.

If dental visits are a source of stress or anxiety for your child, there is still time to join our gentle, #virtual 7-week desensitization family training program designed to build trust, confidence, and calm, one step at a time.

Spots are limited, and we'd love to support your family in making dental visits a positive experience.

🚀 Program starts October 29.

👉 Register today: [sparkcares.ca/readysmile](https://sparkcares.ca/readysmile)

#DentalCare #PediatricCare #NeurodiversityAffirming

## Facebook Groups

The Community Director or Program Lead can help promote the program by reaching out to target groups.

### *List of Recommended Groups*

- Brockville Autism
- Autism Therapy Ontario - Anonymous Reviews & Recommendations
- Ontario Autism Service Providers and Parents