



Calming My Tooth Visual Guide for Children

This guide gently explores what calming my tooth means, why dentists sometimes use special medicine, and how it helps teeth rest safely — with soft pillows, gentle shields, calm droplets, and occasional sparkles of reassurance.

With **soft colours**, **friendly visuals**, and **clear language**, each panel supports **emotional regulation**, **sensory understanding**, and **relational trust**.

If **dental visits** feel unfamiliar or seem a little confusing sometimes, this guide is here to help things feel more **manageable** — one **calm rest** at a time.

Questions You Might Have

What is dental numbing medicine?

Sometimes the dentist uses a special medicine to help a tooth feel calm. This medicine is safe and helps during dental procedures.

Does dental numbing hurt?

No, the medicine helps so the tooth won't feel pain during the visit. It keeps dental work comfortable and safe.

How does numbing medicine help teeth?

Numbing medicine lets teeth rest so dentists can work without pain. It keeps procedures calm, safe, and comfortable.

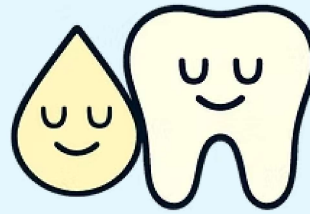
Find more calm guides at www.feelingvisible.com

What's Inside Calming My Tooth



A sensory-safe guide to when the dentist helps a tooth rest & feel protected.

Special Medicine



Sometimes the dentist uses a special medicine to help a tooth feel calm.

Helping The Tooth Rest



The tooth can rest, feeling calm and safe, while the dentist gently fixes it.

No Pain With Gentle Care



The medicine helps so the tooth won't feel pain during the visit.

How It Might Feel



It might feel tingly, sleepy, or different — but it's safe and gentle.

Staying Strong



The medicine helps the tooth stay strong and healthy, giving it support.