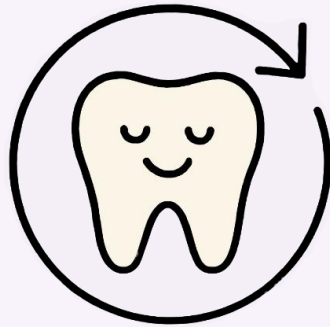


Friendly Visit Guides

A Sensory-Safe Visual Support Pack



For children, families, and professionals
supporting emotional clarity and dental care

✦ This pack was created to help children and families feel **calm, prepared, and supported** during dental visits. Each guide uses six simple visual panels to show what might **happen**, what you might **see**, and what to **expect** — using **gentle illustrations, clear steps, and emotionally safe language** designed with **neurodivergent needs** in mind.

You're not alone.

These guides are here to help —
one smile at a time.

Created by

**Feeling
Visible** 

www.feelingvisible.com

Welcome

This guide pack was created with care to support emotional safety, sensory clarity, and relational trust during dental visits.



We know that dental care can sometimes feel unfamiliar or overwhelming. That's why each guide uses simple **six-panel visuals, clear explanations, and emotionally safe language** — designed to help children, families, and professionals feel calm, informed, and prepared.

Who this pack is for



Families & Children

To prepare together and build confidence before appointments.



Dentists & Hygienists

To share supportive resources that make visits more inclusive.



Educators & Support Staff

To use as teaching tools for health routines and sensory understanding.

How to Use This Pack

This guide pack is designed to be shared, explored and learned from in any way that best meets your needs.



Choose guides that fit your child's needs

Follow what feels most relevant.



Read together before appointments

Previewing calmly can ease anxiety.



Use visuals to explain routines

Clear steps make visits feel predictable.
















Share with dentists or educators

Helps professionals support sensory needs with care.

Contents

My Gentle Dental Guide

	Toothpaste Sparkle A guide to texture, sparkle and how it helps your smile	5
	Brushing My Teeth Gentle guide to texture, taste, and sparkle	6
	Caring for My Smile Why teeth matter, how we keep them strong	7
	Meeting the Dentist What happens when the dentist visits school or clinic	8
	Cleaning My Teeth at the Dentist (Polishing) Soft bubbles, gentle polish, and what it feels like	9
	Tooth pictures — what X-rays show What happens when the dentist takes a tooth picture	10
	How sealants and fluoride help keep teeth safe Shields and varnish — how they help keep teeth safe	11
	Helping My Tooth Feel Calm (Numbing) What numbing means, with gentle reassurance	12
	Fixing My Tooth (Fillings) How dentists repair teeth, explained step by step	13
	Saying Goodbye to a Tooth (Extraction) Why a tooth might be removed, with calm visuals	14
	New Teeth Growing In How baby teeth make space for stronger adult teeth	15
	Braces and Straightening Gentle tools that guide teeth to line up neatly	16
	Check ups — why they help keep smiles safe Why check ups matter for keeping smiles safe	17

What's Inside Toothpaste



A sensory-safe guide to texture, sparkle, and how it helps your smile.

What's In The Tube?



Toothpaste is a mix of cleaning agents, abrasives, and protective ingredients.

Cleaning Agents



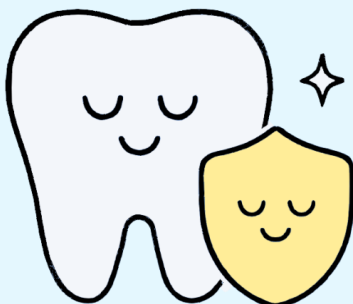
Mild foaming ingredients help spread the toothpaste and clean your teeth.

Gentle Abrasives



Tiny particles help polish the surface of your teeth without scratching.

Fluoride (Often Included)



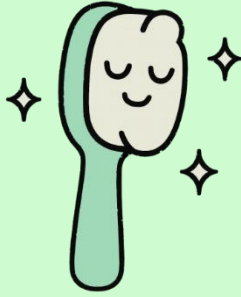
Fluoride helps protect teeth from decay — not all toothpastes include it.

Flavour & Feel



Toothpaste often includes mint or mild flavour & ingredients to keep it stable.

What's Inside Brushing My Teeth



A sensory-safe guide to texture, taste, sparkle, and fresh feel of a smile.

Shiny Teeth, Calm Routine



Brushing my teeth keeps them clean & shiny, it's part of caring for my smile.

Toothpaste Texture



The toothpaste might feel smooth or bubbly. It spreads across my teeth.

Toothbrush Feel



The brush can feel tickly or soft. It helps polish my teeth without scratching.

Friendly Flavours



Toothpaste can taste minty or sweet. Flavours help brushing feel friendly.

After Brushing



After brushing, my teeth feel fresh and shiny — ready for the day or night.

What's Inside Caring For My Smile



A sensory-safe guide to why teeth matter and how we keep them strong.

Why Teeth Matter



My teeth help me eat, talk, and smile. They are part of what makes me, me.

Strong & Sparkly



Brushing keeps my teeth clean & strong. It makes them sparkly & fresh.

Drinking Water



Drinking water washes food away & keeps my mouth hydrated & healthy.

Eating Helpful Foods



Foods like fruit, vegetables, & milk help my teeth grow strong & stay healthy.

Happy Teeth



Caring for my teeth means they can sparkle and stay healthy for a long time.

What's Inside Meeting The Dentist



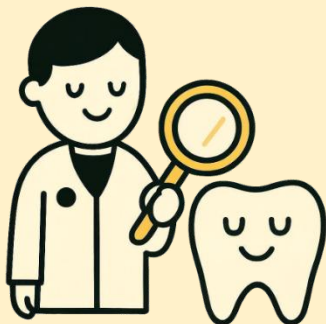
A sensory-safe guide to what happens during a school or clinic dentist visit.

Dentist Visit



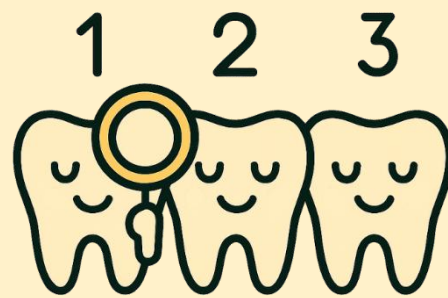
Sometimes the dentist comes to school or clinic to help us care for our teeth.

Looking At My Smile



The dentist might look at my smile to see how my teeth are doing.

Counting Teeth



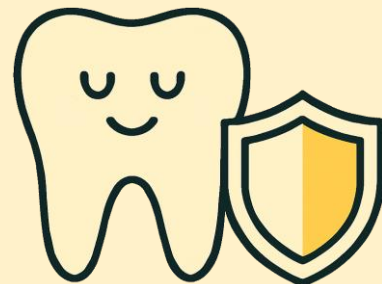
They might count my teeth to see how many I have and how they're growing.

Showing How to Brush



The dentist can show me how to brush to keep my teeth clean and strong.

Feeling New Or Different



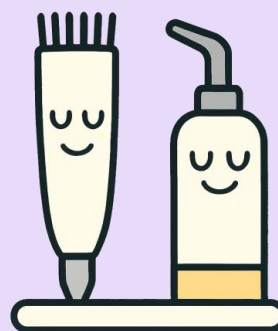
The dentist is there to help. It's okay if it feels new or different.

What's Inside Polishing My Teeth



A sensory-safe guide to what happens when the dentist polishes my teeth.

Special Tools



At the dentist, my teeth can be cleaned with special tools to help them shine.

Tickly Or Bubbly Feel



It might feel a little tickly or bubbly, like tiny brushes or sprays.

Washing Away Food & Plaque



The dentist helps wash away food & plaque so my teeth feel smooth & fresh.

Smooth & Fresh



After cleaning, my teeth feel smooth like a pebble, and fresh in my mouth.

Shiny & Clean Smile



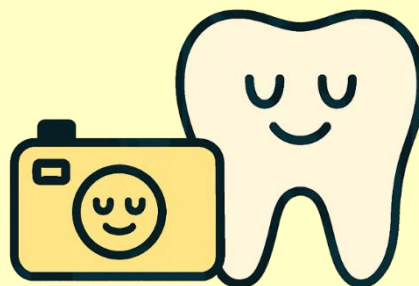
When it's finished, my smile can feel shiny and clean — ready to sparkle.

What's Inside Pictures Of Teeth



A sensory-safe guide to what happens when the dentist takes a tooth picture.

Tooth Picture



Sometimes the dentist takes a picture of my teeth. This is called an x-ray.

What It Shows



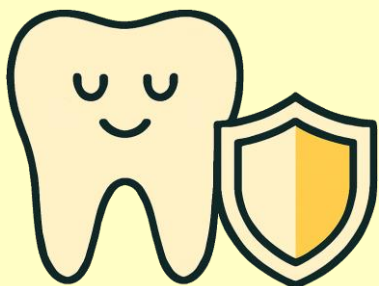
An x-ray shows the inside of my mouth to help the dentist see.

Why It Helps



The dentist uses the picture to see what's happening with my teeth.

How It Feels



The picture doesn't hurt — it's just a way to help keep my teeth strong.

After The Picture



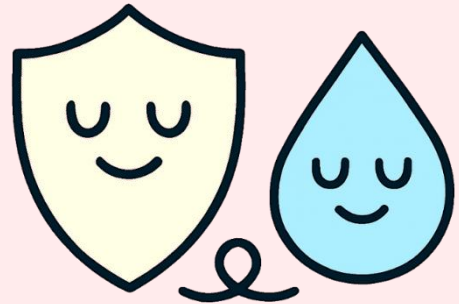
When it's finished, the dentist knows how to keep my teeth healthy.

What's Inside Protecting My Teeth



A sensory-safe guide to how sealants & fluoride help teeth sparkle & stay safe.

Shields & Varnish



Sometimes the dentist uses shields or varnish to keep teeth safe & strong.

Tiny Covers



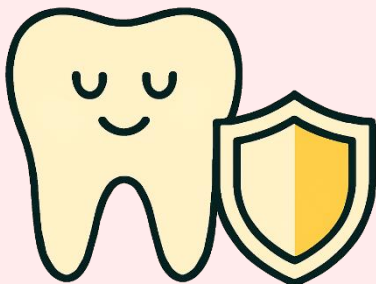
Sealants are tiny covers that stop food from sticking to the chewing surface.

Gentle Varnish



Fluoride is a gentle varnish that helps teeth stay strong and healthy.

How It Helps



Sealants and fluoride work together to keep teeth sparkly and safe.

Sparkle & Safety



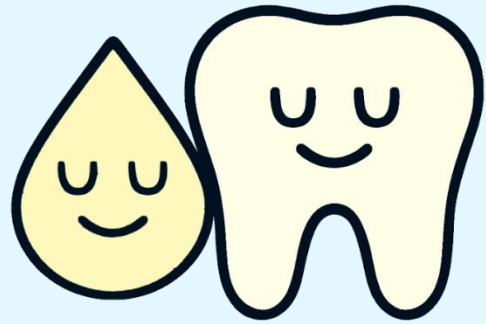
These are ways the dentist helps my smile sparkle and stay safe.

What's Inside Calming My Tooth



A sensory-safe guide to when a 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



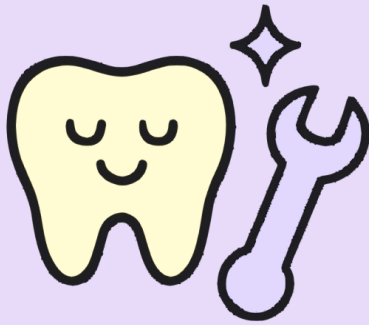
It might feel tingly, sleepy, or different — but it's safe and gentle.

Staying Strong



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

What's Inside Fixing My Tooth



A sensory-safe guide to how the dentist repairs a tooth with a filling.

Why Teeth Need Fixing



Sometimes a tooth needs fixing if it has a hole or feels sore.

Special Material



The dentist uses a special material called a filling to repair the tooth.

Making Teeth Strong



The filling helps the tooth stay strong and stops the hole from growing bigger.

How It Feels



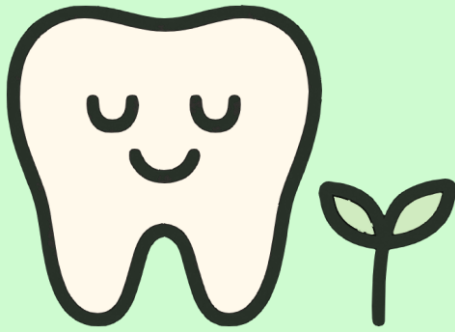
The dentist helps my tooth feel calm with soft pillow comfort or gentle tools.

Healthy Tooth, Happy Smile



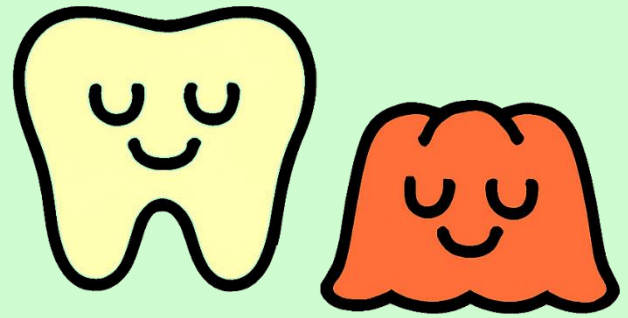
Fixing a tooth helps it last longer and keeps my smile healthy and strong.

What's Inside Wobbly Teeth



A sensory-safe guide to how baby teeth make space for adult teeth.

Baby Teeth Wobble



Baby teeth sometimes get wobbly like jelly and then fall out.

Making Space



When baby teeth fall out, they make space for new teeth to grow.

New Teeth Arrive



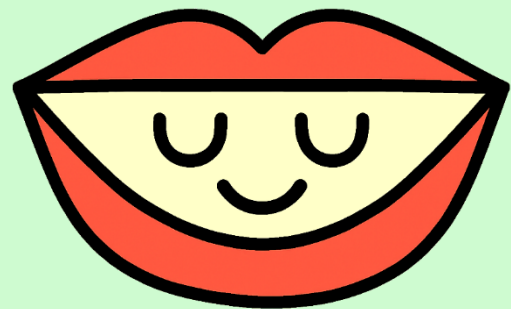
New teeth are stronger and help me eat and smile as I get bigger.

How It Feels



It's okay if it feels funny — it means my smile is growing too.

Smiles Growing Strong



New teeth help my smile stay bright and healthy as I grow.

What's Inside Tooth Goodbyes



A sensory-safe guide to what happens
when a tooth is taken out.

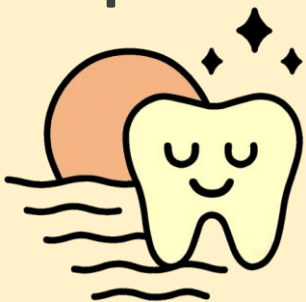
Why Teeth Say Goodbye

*Ouch!



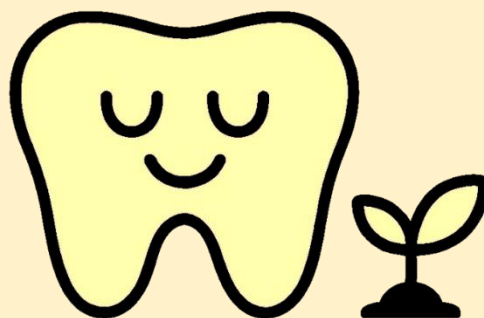
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Making Space



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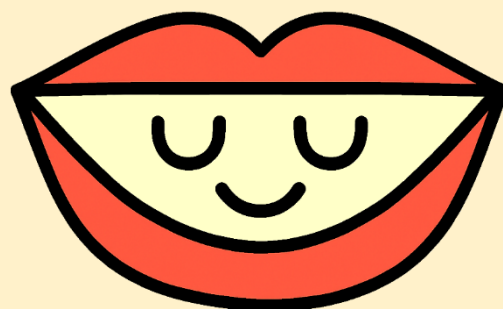
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How It Feels



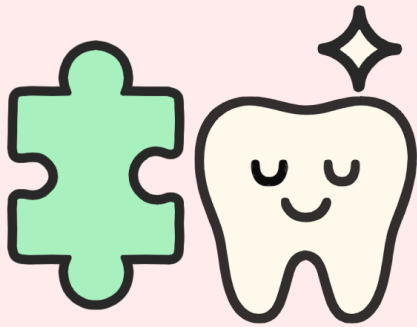
It's okay if it feels funny — it means
my smile is growing too.

Smiles Growing Strong



New teeth help my smile stay bright
and healthy as I grow.

What's Inside Braces



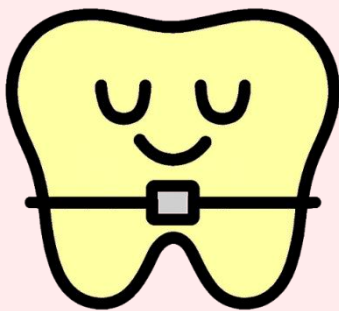
A sensory-safe guide to how they look, feel, and help your smile.

Why Teeth Need Help



Sometimes teeth need extra help & guidance to grow in the right place.

Braces & Tools



Braces or other gentle tools can guide teeth so they line up neatly.

How It Feels



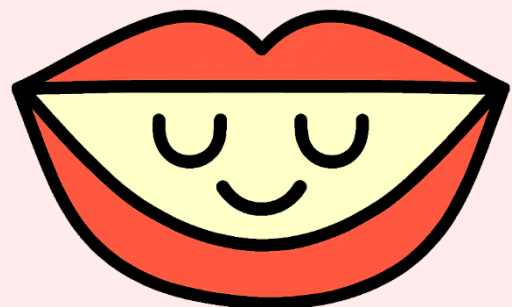
It might feel a bit different at first, but teeth are learning their best place.

Finding Their Place



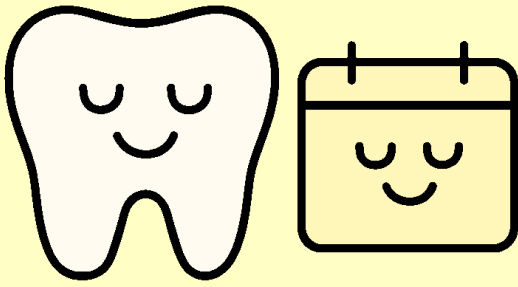
Braces help teeth find their best place so my smile can grow strong & healthy.

Growing Strong Together



With gentle help, my teeth can grow straight, healthy, and strong.

What's Inside Dental Check Ups



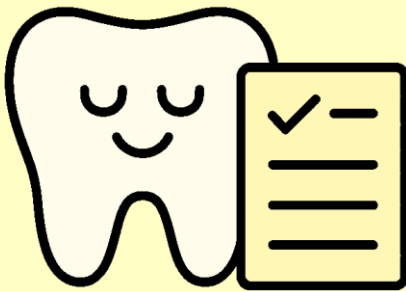
A sensory safe guide to why we go back to the dentist for check ups.

More Than Once



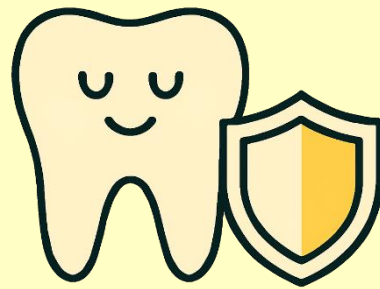
Dentists like to see us more than once to help care for our teeth.

Smile Check Ups



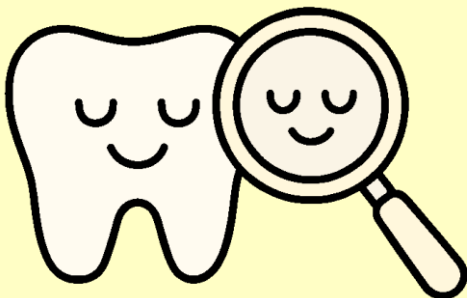
These visits are called check ups. They are part of keeping my smile healthy.

Staying Strong



Check ups help make sure my teeth are still strong and healthy.

Spotting Problems Early



Going back again means the dentist can spot little problems early.

Keeping My Smile Safe



Check ups help keep my smile safe and bright for a long time.

Credits & Thanks

Created by



www.feelingvisible.com/dental

Making invisible needs visible
through emotionally safe resources



Dental guidance

Reviewed with input from
dental professionals.



Special thanks to

families, carers and
educators who shared
feedback.

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Thank you for reading
This guide was made with care