



Calming My Tooth

When the dentist
helps a tooth rest

Sometimes the dentist uses a special medicine to help a **tooth feel calm**. This means the **tooth can rest** while the dentist **fixes it**, so it **won't feel pain**. It might feel **tingly, sleepy, or different** — but it's **safe**, and it helps the tooth stay **strong**.

This is what it felt like when my tooth was made calm...

Adult Notes – Gentle Guidance

- Numbing is explained as **helping the tooth rest**.
- The feeling is **temporary** and **safe**.
- Child can share **sensations** (tingly, sleepy, calm).
- **It's okay** if it feels new or strange.
- Focus on **safety** and **comfort**.