



Protecting My Teeth Visual Guide for Children

This guide gently explores what protecting teeth means, how dentists use sealants and fluoride, and how they help teeth stay strong — with calm shields, gentle varnish, and sparkles of reassurance.

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

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

Questions You Might Have

Why do teeth need protection?

Sometimes the dentist uses shields or varnish to help keep teeth safe and strong. These treatments protect teeth from cavities and decay.

What is fluoride treatment?

Fluoride is a gentle varnish that helps teeth stay strong and healthy. The dentist applies it to teeth to make them more resistant to cavities.

Do sealants and fluoride hurt?

No, sealants and fluoride treatments are painless. They are gentle procedures that help protect teeth without any discomfort.

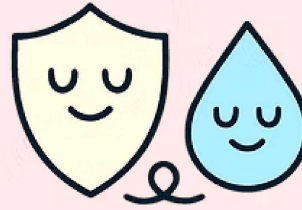
Find more calm guides at www.feelingvisible.com

What's Inside Protecting My Teeth



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

Shields and Varnish



Sometimes the dentist uses shields or varnish to help keep teeth safe and 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 And Safety



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