



# Braces and Straightening

How teeth grow straight with help

**Sometimes teeth** need extra help to grow in the **right place**. **Braces** or other **gentle tools** can guide them so they **line up neatly**. It might feel a bit **different** at first, but it means my teeth are finding their **best place**.

This is what it felt like when my teeth were straightened...

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## Adult Notes – Gentle Guidance

- Braces are **guides** or **helpers**, not problems.
- They are **safe** and **temporary**.
- Child can share **sensations** (tight, different, helpful).
- **It's okay** if it feels new.
- Focus on a **stronger, straighter smile**.