



# Protecting My Teeth

How sealants and fluoride help teeth

Sometimes the dentist uses shields or varnish to protect teeth. Sealants are tiny covers that stop food from sticking, and fluoride is a gentle varnish that keeps teeth strong. These are ways the dentist helps my smile sparkle and stay safe.

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

-----

## Adult Notes – Gentle Guidance

- Explain Sealants as **tiny covers**, fluoride a **gentle varnish**.
- Treatments are **safe** and **quick**.
- Child can share **sensations** (smooth, shiny, painted).
- **It's okay** if it felt new.
- Focus on **protection** and **strength**.