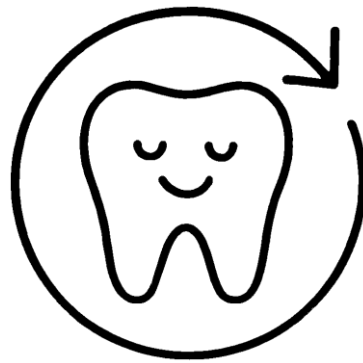


Gentle Dental Visits

A Sensory-Safe Guide 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 page offers gentle visuals, clear explanations, and emotionally safe language — designed with neurodivergent needs and sensory clarity 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 page offers **gentle visuals, clear explanations,** and **emotionally safe language** — designed to help children, families, and professionals feel calm 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,
read 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.
















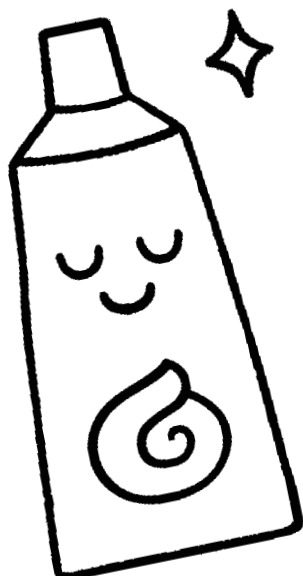
Share with dentists or educators

Helps professionals support sensory needs
with care.

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Toothpaste Sparkle

A guide to texture, sparkle, and how it helps your smile

Toothpaste is made to help **clean** and **protect** your teeth. It might feel **smooth**, **creamy**, or a little **foamy**. Some kinds **sparkle**, some taste **minty**, and some are **mild** or **sweet**. Every **toothpaste** is a little **different**, and it's **okay** to notice what feels **best** for you.

This is what toothpaste feels like for me...

Adult Notes – Gentle Guidance

- **Invite** the child to explore **texture**, **taste**, and **sparkle**.
- **Accept all responses** — no right or wrong.
- **Offer choices** calmly, based on sensory **feedback**.
- **Emphasise comfort** over **correctness**, with **reassurance**.



Brushing My Teeth

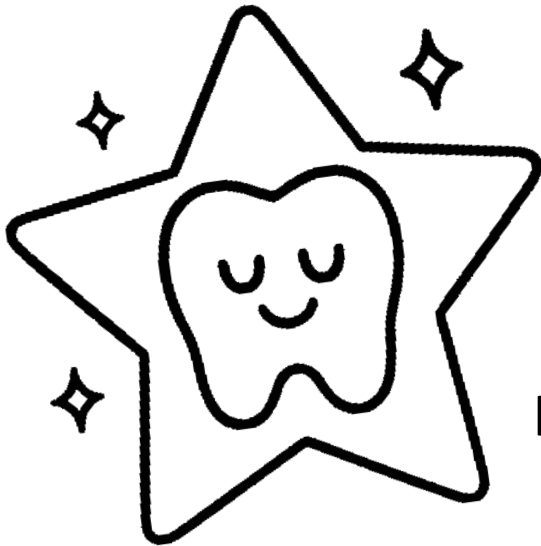
A gentle guide to texture,
taste, and sparkle

Brushing my teeth helps keep them **clean** and **shiny**. The **toothpaste** might feel **smooth** or a little **bubbly**, and the **brush** can feel **tickly** or **soft**. Sometimes it tastes **minty**, sometimes it tastes **sweet**. When I'm done, my teeth feel **fresh** and **sparkly**.

This is what brushing feels like for me...

Adult Notes – Gentle Guidance

- **Invite** the child to share **sensations**.
- **Accept all responses** – no right or wrong.
- **Note dislikes** calmly; they may guide **choices**.
- **Emphasise care** over **perfection**, with **reassurance**.



Caring For My Smile

Why teeth matter, and how we keep them strong

My teeth help me **eat, talk, and smile**. They are part of what makes **me, me**. To keep them **strong**, I **brush** them, **drink water**, and **eat foods** that help them **grow**. **Caring for my teeth** means they can **sparkle** and stay **healthy** for a long time.

This is how I look after my teeth...

Adult Notes – Gentle Guidance

- **Link teeth to daily life** (smiling, eating, talking).
- **Name routines** they already do (brushing, rinsing, foods).
- **Validate challenges** calmly.
- **Stress strength and health**, not **perfection**.
- **Use positive language**, avoid **shaming**.



Meeting the Dentist

What happens when the
dentist visits school or clinic

Sometimes the **dentist** comes to **school** or the **clinic** to help us **care for our teeth**. They might **look at our smile**, **count our teeth**, or **show us how to brush**. The **dentist is there to help**, and it's okay if it feels **new or different.**"

This is what it feels like when I meet the dentist...

Adult Notes – Gentle Guidance

- **Friendly check-in**, not a test.
- Dentist is there to **help**.
- Child can share what feels **fun** or **tricky**.
- **It's okay** if it feels new.
- Keep tone **calm** and supportive.



Polishing My Teeth

What happens when the dentist polishes my teeth

At the dentist, my **teeth** can be **cleaned** with **special tools**. It might feel a little **tickly** or **bubbly**, like tiny **brushes** or **sprays**. The **dentist helps** wash away **food** and **plaque** so my teeth feel **smooth** and **fresh**. When it's finished, my **smile** can feel **shiny** and **clean**.

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

Adult Notes – Gentle Guidance

- **Gentle polish**, not a test.
- **Tickly** or **bubbly** feelings are **normal**.
- Child can **describe sensations** (smooth, shiny, fresh).
- **It's okay** if it feels strange.
- Keep tone **calm**, focus on **fresh, clean teeth**.



Pictures of Teeth

When the dentist takes a tooth picture

Sometimes the dentist takes a **picture of my teeth**.

This is called an **x-ray**. It shows the **inside of my mouth**, like a **secret picture** that helps the dentist see **what's happening**. The **picture doesn't hurt** — it's just a way to help keep my teeth **strong**.

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

Adult Notes – Gentle Guidance

- Explain X-rays as **pictures of teeth**.
- The process is **safe** and **painless**.
- Child can **describe feelings** (quiet, still, curious).
- **It's okay** if it felt strange.
- Focus on **healthy teeth**.



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**.



Calming My Tooth

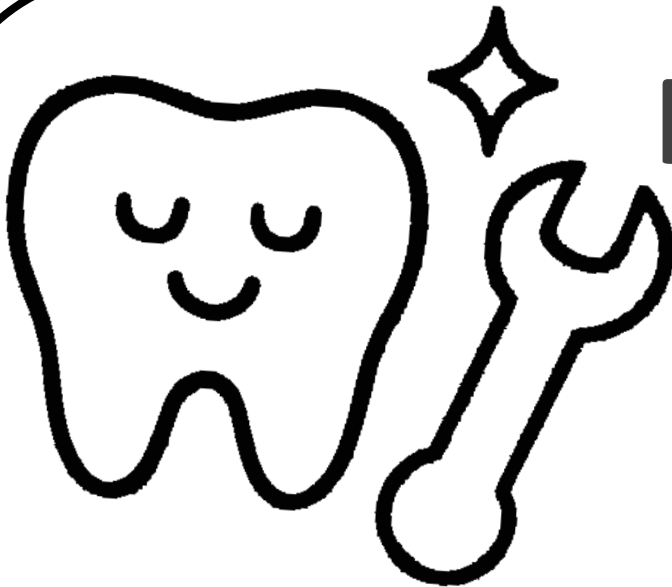
When the dentist
helps a tooth rest

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**.



Fixing My Tooth

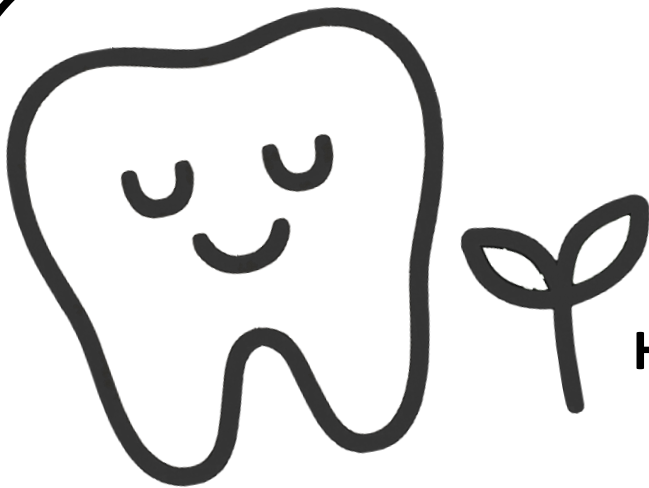
How the dentist repairs
a tooth with a filling

Sometimes a **tooth** needs fixing if it has a **hole** or feels **sore**. The dentist can use a **special material** called a **filling** to **repair it**. This helps the tooth stay **strong** and stops the hole from **growing**. When it's finished, the tooth can feel **smooth** and **safe** again.

This is what it felt like when my tooth was fixed...

Adult Notes – Gentle Guidance

- Fillings are **repairs**, not damage.
- They help teeth stay **strong** and **safe**.
- Child can share **sensations** (smooth, new, different).
- **It's okay** if it felt strange or noisy.
- Focus on a **repaired, stronger tooth**.



Wobbly Teeth

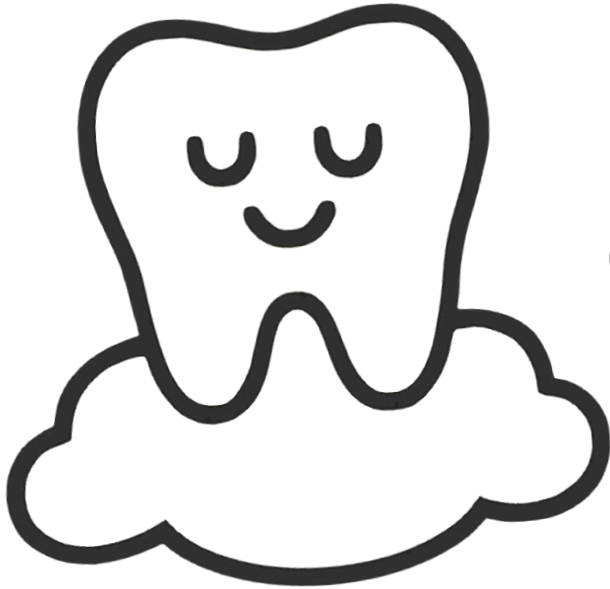
How baby teeth make
space for adult teeth

Baby teeth sometimes get **wobbly** and **fall out**. This makes space for **new teeth** to **grow in**. The new teeth are **stronger** and help me **eat** and **smile** as I get **bigger**. It's okay if it feels **funny** — it means my **smile** is **growing** too.

This is what it felt like when my new teeth grew in...

Adult Notes – Gentle Guidance

- Wobbly teeth are part of **growing**, not a problem.
- New teeth are **stronger** and help as kids **grow**.
- Child can share **sensations** (wobbly, funny, exciting).
- **It's okay** if it feels strange or slow.
- Focus on **growth** and **positive change**.



Tooth Goodbyes

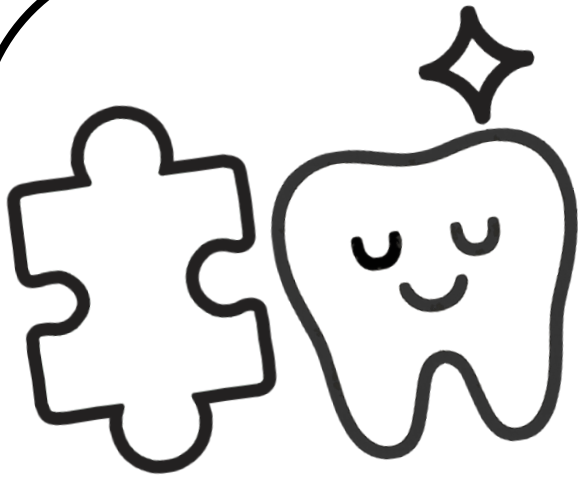
When a tooth is taken out

Sometimes a **tooth** needs to be taken out if it's **sore** or not **growing well**. The dentist helps the **tooth say goodbye** in a **safe way**. It might feel a bit **different**, but my **mouth** can stay **healthy**. Saying goodbye makes space for my **smile** to stay **strong**.

This is what it felt like when I said goodbye to a tooth...

Adult Notes – Gentle Guidance

- Explain as “**saying goodbye**”, not loss or pain.
- Process is **safe** and keeps their mouth **healthy**.
- Child can share **sensations** (different, lighter, strange).
- **It's okay** if it felt new or difficult.
- Focus on **health** and **strength** after.



Braces and Straightening

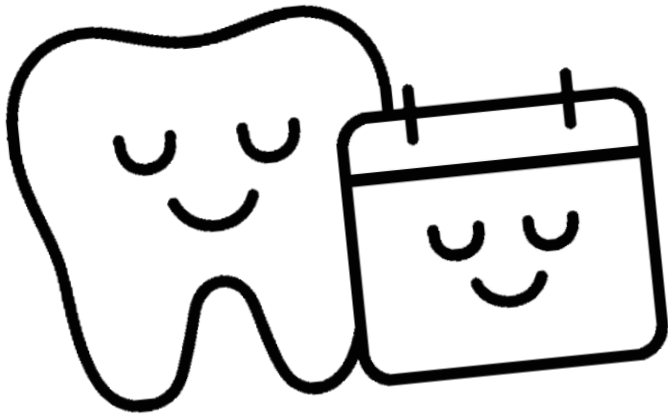
How teeth grow straight with help

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...

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**.



Dental Check Ups

Why we go back for
check-ups

Dentists like to see us more than once. These visits are called **check-ups**. They help make sure my **teeth** are still **strong** and **healthy**. Going back again means the **dentist** can spot little **problems** early and keep my **smile** safe.

This is what it felt like when I went back to the dentist...

Adult Notes – Gentle Guidance

- Explain visits as **check ups**, not tests or problems.
- **Reassure** that returning is **normal**, helps prevent bigger issues, and can feel **familiar, safe, or different**.
- **Validate worries** — “It’s okay if it feels new.”
- Keep tone **calm, supportive**, focused on **continuity** and **care**.

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