



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**.