

Dental Visit Tool Pack

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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My Dental Visit Toolkit



Gentle Dental Guides (Easy-Read Pages)

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Clear, simple explanations in a calm, sensory-safe tone.



Friendly Visit Guides (Picture-Based)

19

Soft, visual walkthroughs showing each step of the visit.



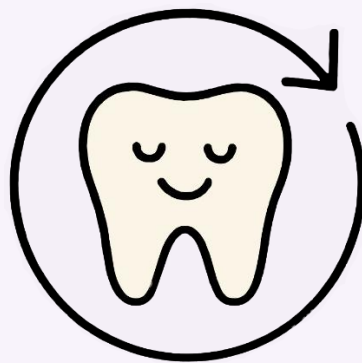
Outline Versions (Low-Stim / Colour-In)

33

Simplified outlines for colouring, personalising, or low-stim printing.

Gentle Dental Visits

Easy-Read Pages



Calm, clear explanations to help children and families understand each part of a dental visit.

✦ **These pages use simple language, predictable steps, and sensory-safe descriptions** — ideal for reading together or sharing with adults who support the visit.



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 a **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

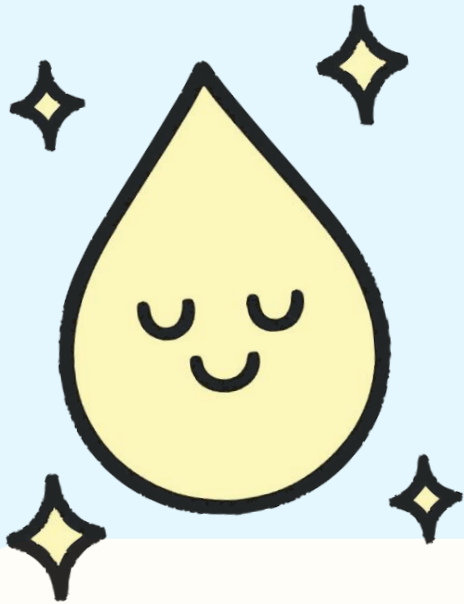
How sealants and fluoride help teeth

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

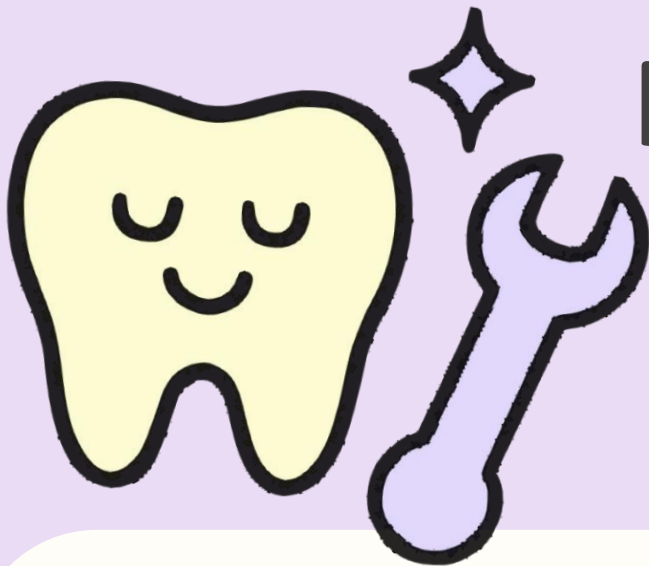
When the dentist
helps a tooth rest

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

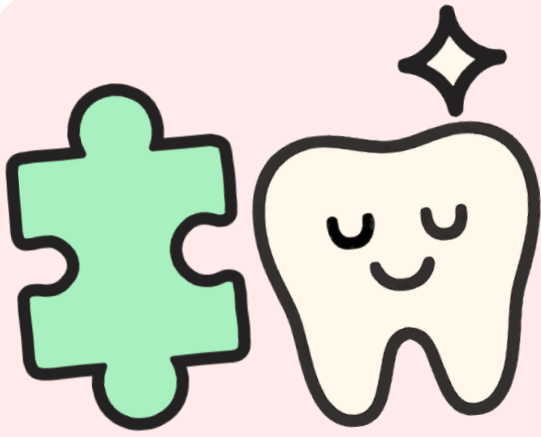
When a tooth is taken out

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

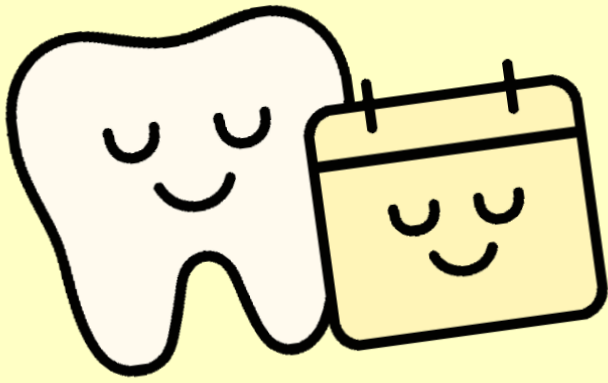
How teeth grow straight with help

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**.

Friendly Visit Guides

Picture-Based Guides



Soft, visual walkthroughs showing what happens during a dental visit, one gentle step at a time.

✦ These guides use friendly illustrations and emotionally safe language to support children who prefer visual sequences and predictable storytelling.

What's Inside Toothpaste



A sensory-safe guide to texture, sparkle, and how it helps your smile.

What's In The Tube?



Toothpaste is a mix of cleaning agents, abrasives, and protective ingredients.

Cleaning Agents



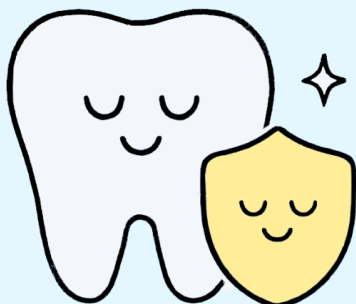
Mild foaming ingredients help spread the toothpaste and clean your teeth.

Gentle Abrasives



Tiny particles help polish the surface of your teeth without scratching.

Fluoride (Often Included)



Fluoride helps protect teeth from decay — not all toothpastes include it.

Flavour & Feel



Toothpaste often includes mint or mild flavour & ingredients to keep it stable.

What's Inside Brushing My Teeth



A sensory-safe guide to texture, taste, sparkle, and fresh feel of a smile.

Shiny Teeth, Calm Routine



Brushing my teeth keeps them clean & shiny, it's part of caring for my smile.

Toothpaste Texture



The toothpaste might feel smooth or bubbly. It spreads across my teeth.

Toothbrush Feel



The brush can feel tickly or soft. It helps polish my teeth without scratching.

Friendly Flavours



Toothpaste can taste minty or sweet. Flavours help brushing feel friendly.

After Brushing



After brushing, my teeth feel fresh and shiny — ready for the day or night.

What's Inside Caring For My Smile



A sensory-safe guide to why teeth matter and how we keep them strong.

Why Teeth Matter



My teeth help me eat, talk, and smile. They are part of what makes me, me.

Strong & Sparkly



Brushing keeps my teeth clean & strong. It makes them sparkly & fresh.

Drinking Water



Drinking water washes food away & keeps my mouth hydrated & healthy.

Eating Helpful Foods



Foods like fruit, vegetables, & milk help my teeth grow strong & stay healthy.

Happy Teeth



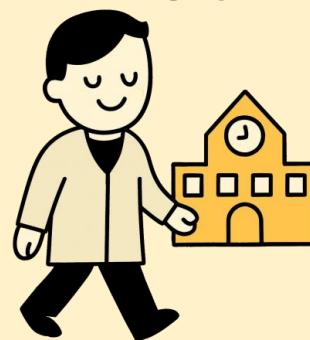
Caring for my teeth means they can sparkle and stay healthy for a long time.

What's Inside Meeting The Dentist



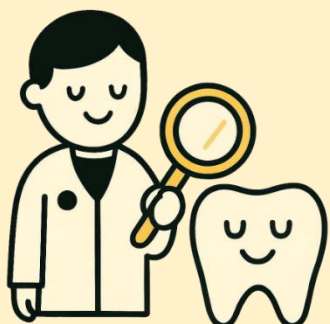
A sensory-safe guide to what happens during a school or clinic dentist visit.

Dentist Visit



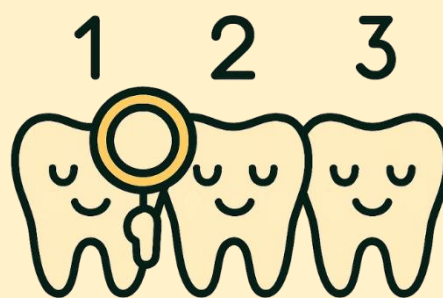
Sometimes the dentist comes to school or clinic to help us care for our teeth.

Looking At My Smile



The dentist might look at my smile to see how my teeth are doing.

Counting Teeth



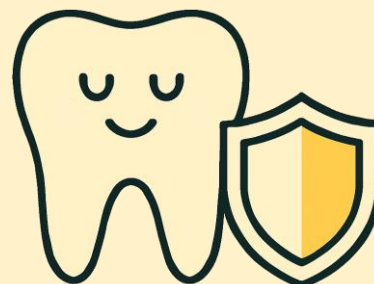
They might count my teeth to see how many I have and how they're growing.

Showing How to Brush



The dentist can show me how to brush to keep my teeth clean and strong.

Feeling New Or Different



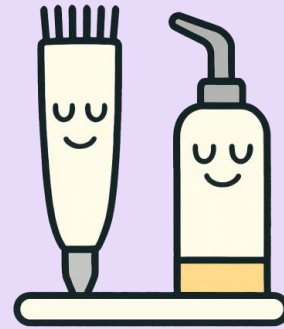
The dentist is there to help. It's okay if it feels new or different.

What's Inside Polishing My Teeth



A sensory-safe guide to what happens when the dentist polishes my teeth.

Special Tools



At the dentist, my teeth can be cleaned with special tools to help them shine.

Tickly Or Bubbly Feel



It might feel a little tickly or bubbly, like tiny brushes or sprays.

Washing Away Food & Plaque



The dentist helps wash away food & plaque so my teeth feel smooth & fresh.

Smooth & Fresh



After cleaning, my teeth feel smooth like a pebble, and fresh in my mouth.

Shiny & Clean Smile



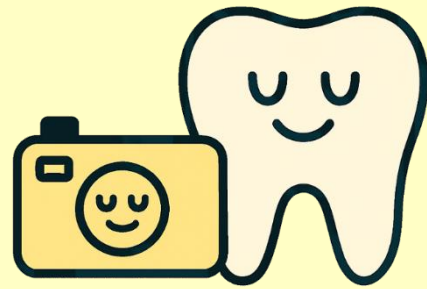
When it's finished, my smile can feel shiny and clean — ready to sparkle.

What's Inside Pictures Of Teeth



A sensory-safe guide to what happens when the dentist takes a tooth picture.

Tooth Picture



Sometimes the dentist takes a picture of my teeth. This is called an x-ray.

What It Shows



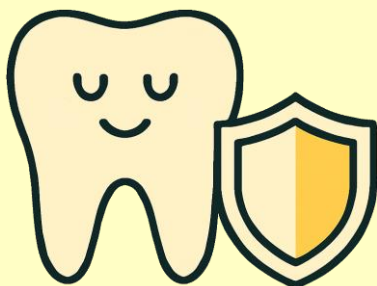
An x-ray shows the inside of my mouth to help the dentist see.

Why It Helps



The dentist uses the picture to see what's happening with my teeth.

How It Feels



The picture doesn't hurt — it's just a way to help keep my teeth strong.

After The Picture



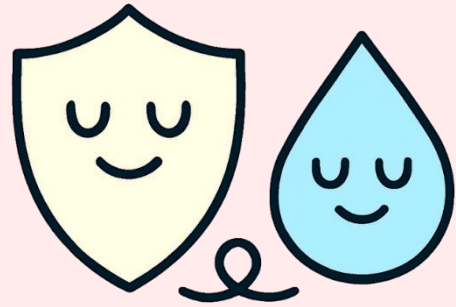
When it's finished, the dentist knows how to keep my teeth healthy.

What's Inside Protecting My Teeth



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

Shields & Varnish



Sometimes the dentist uses shields or varnish to keep teeth safe & strong.

Tiny Covers



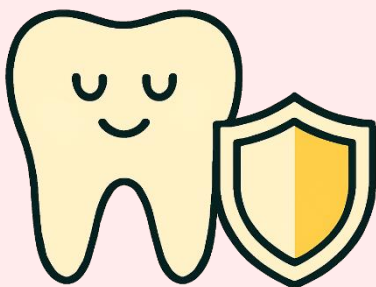
Sealants are tiny covers that stop food from sticking to the chewing surface.

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 & Safety



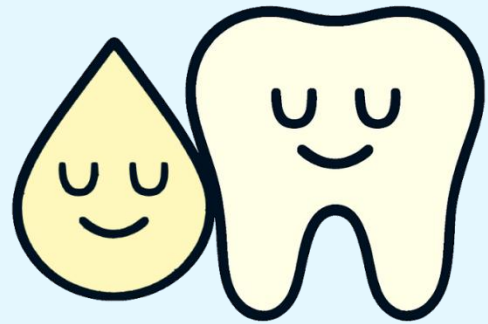
These are ways the dentist helps my smile sparkle and stay safe.

What's Inside Calming My Tooth



A sensory-safe guide to when a dentist helps a tooth rest & feel protected.

Special Medicine



Sometimes the dentist uses a special medicine to help a tooth feel calm.

Helping The Tooth Rest



The tooth can rest, feeling calm and safe, while the dentist gently fixes it.

No Pain With Gentle Care



The medicine helps so the tooth won't feel pain during the visit.

How It Might Feel



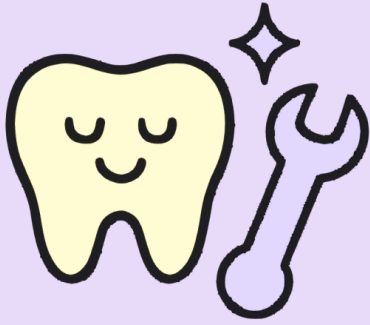
It might feel tingly, sleepy, or different — but it's safe and gentle.

Staying Strong



The medicine helps the tooth stay strong and healthy, giving it support.

What's Inside Fixing My Tooth



A sensory-safe guide to how the dentist repairs a tooth with a filling.

Why Teeth Need Fixing



Sometimes a tooth needs fixing if it has a hole or feels sore.

Special Material



The dentist uses a special material called a filling to repair the tooth.

Making Teeth Strong



The filling helps the tooth stay strong and stops the hole from growing bigger.

How It Feels



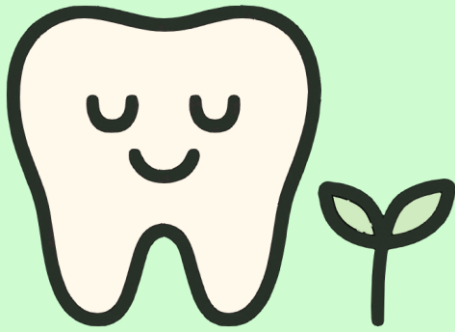
The dentist helps my tooth feel calm with soft pillow comfort or gentle tools.

Healthy Tooth, Happy Smile



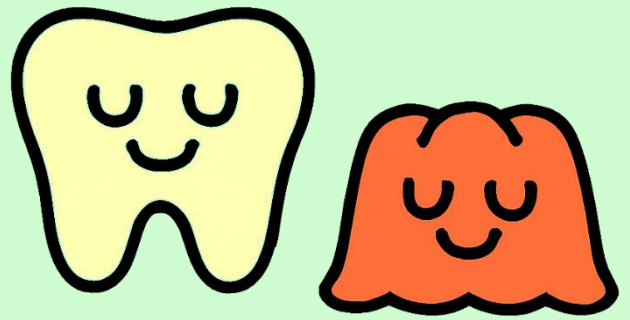
Fixing a tooth helps it last longer and keeps my smile healthy and strong.

What's Inside Wobbly Teeth



A sensory-safe guide to how baby teeth make space for adult teeth.

Baby Teeth Wobble



Baby teeth sometimes get wobbly like jelly and then fall out.

Making Space



When baby teeth fall out, they make space for new teeth to grow.

New Teeth Arrive



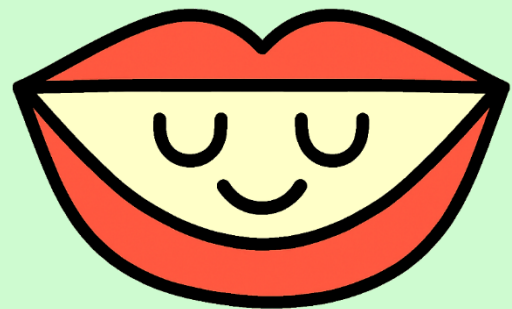
New teeth are stronger and help me eat and smile as I get bigger.

How It Feels



It's okay if it feels funny — it means my smile is growing too.

Smiles Growing Strong



New teeth help my smile stay bright and healthy as I grow.

What's Inside Tooth Goodbyes



A sensory-safe guide to what happens
when a tooth is taken out.

Why Teeth Say Goodbye

*Ouch!



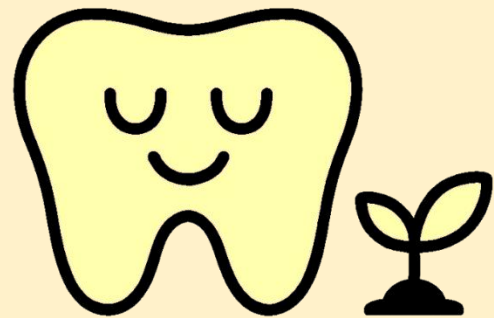
Baby teeth sometimes get wobbly
like jelly and then fall out.

Making Space



When baby teeth fall out, they make
space for new teeth to grow.

New Teeth Arrive



New teeth are stronger and help me
eat and smile as I get bigger.

How It Feels



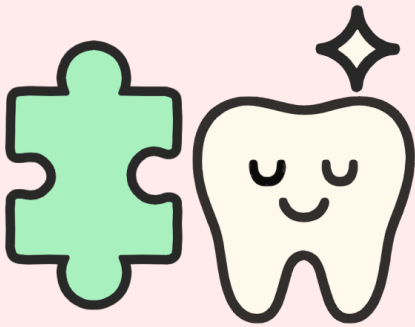
It's okay if it feels funny — it means
my smile is growing too.

Smiles Growing Strong



New teeth help my smile stay bright
and healthy as I grow.

What's Inside Braces



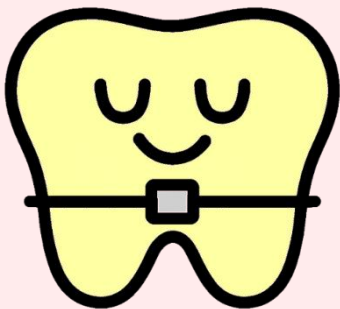
A sensory-safe guide to how they look, feel, and help your smile.

Why Teeth Need Help



Sometimes teeth need extra help & guidance to grow in the right place.

Braces & Tools



Braces or other gentle tools can guide teeth so they line up neatly.

How It Feels



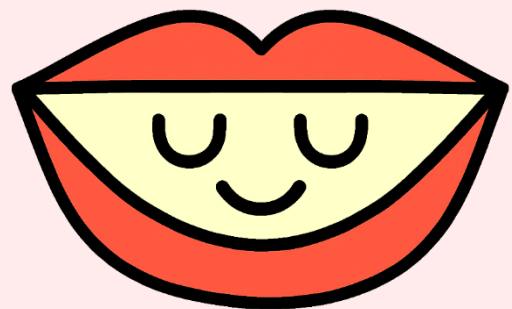
It might feel a bit different at first, but teeth are learning their best place.

Finding Their Place



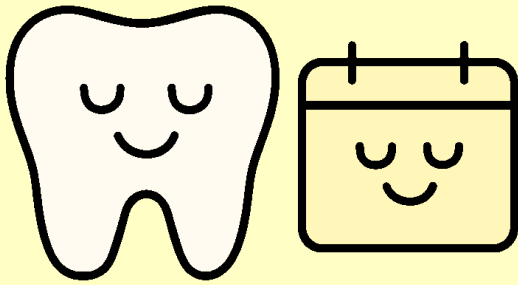
Braces help teeth find their best place so my smile can grow strong & healthy.

Growing Strong Together



With gentle help, my teeth can grow straight, healthy, and strong.

What's Inside Dental Check Ups



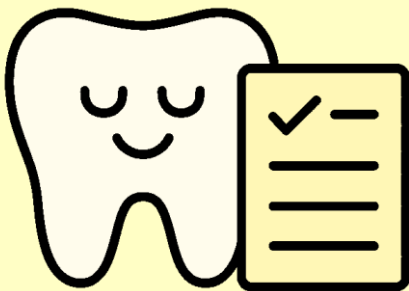
A sensory safe guide to why we go back to the dentist for check ups.

More Than Once



Dentists like to see us more than once to help care for our teeth.

Smile Check Ups



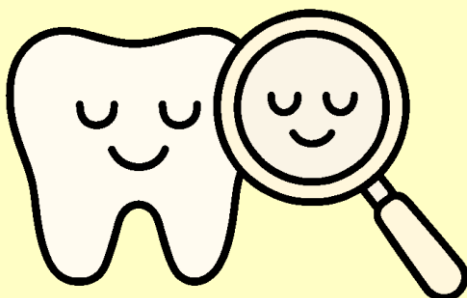
These visits are called check ups. They are part of keeping my smile healthy.

Staying Strong



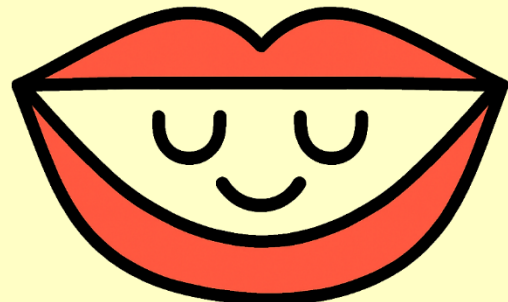
Check ups help make sure my teeth are still strong and healthy.

Spotting Problems Early



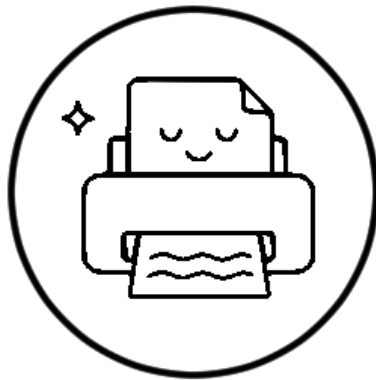
Going back again means the dentist can spot little problems early.

Keeping My Smile Safe



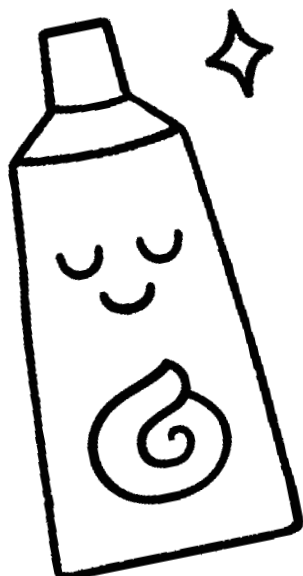
Check ups help keep my smile safe and bright for a long time.

Outline Versions



These outline versions can be coloured in or used as low-stim alternatives.

✦ These outlines offer the same calm, predictable steps with reduced visual load — helpful for colouring, personalising, or printing in a sensory-safe format.



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

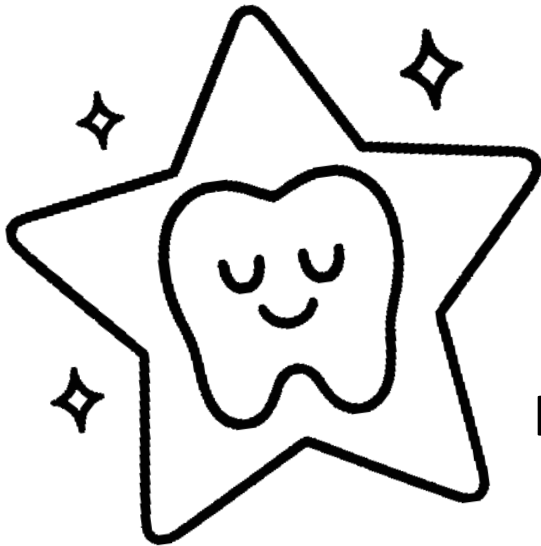
A gentle guide to texture,
taste, and sparkle

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

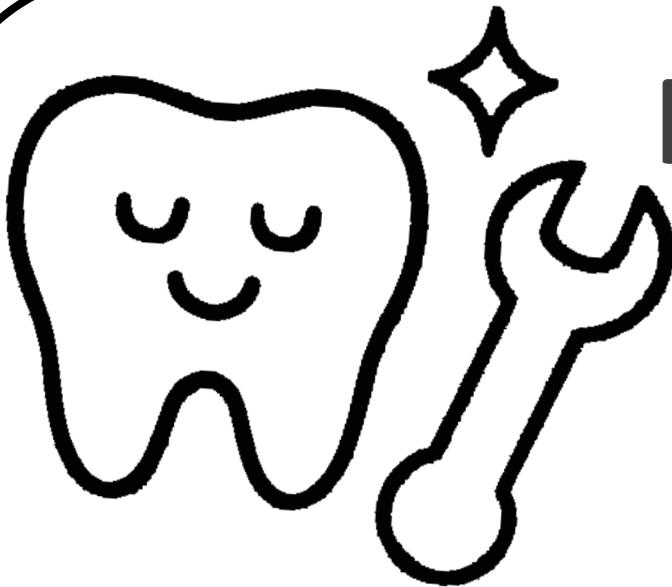
When the dentist
helps a tooth rest

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

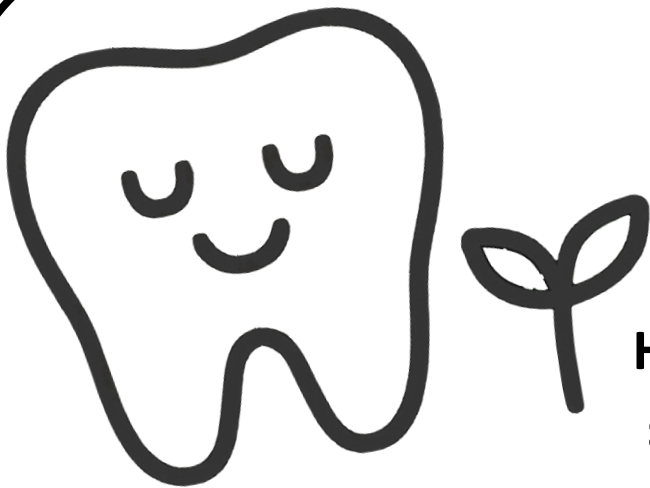
How the dentist repairs
a tooth with a filling

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

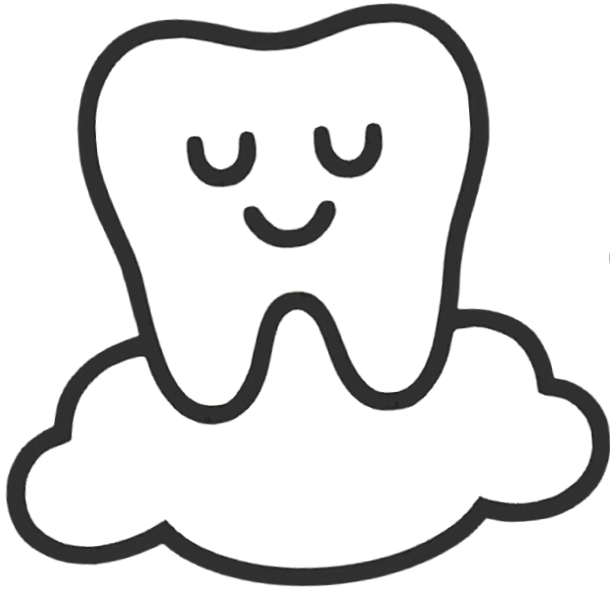
How baby teeth make
space for adult teeth

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

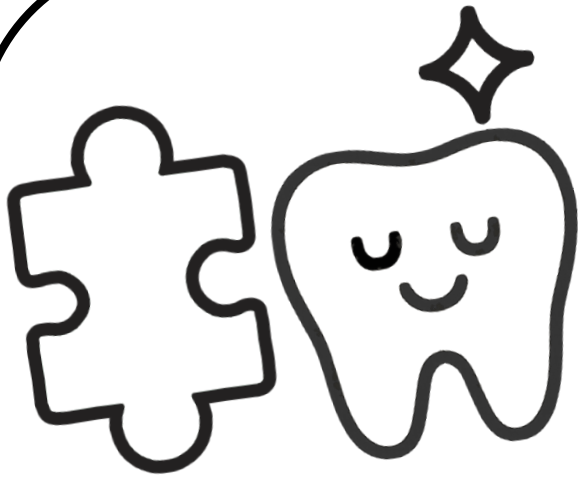
When a tooth is taken out

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

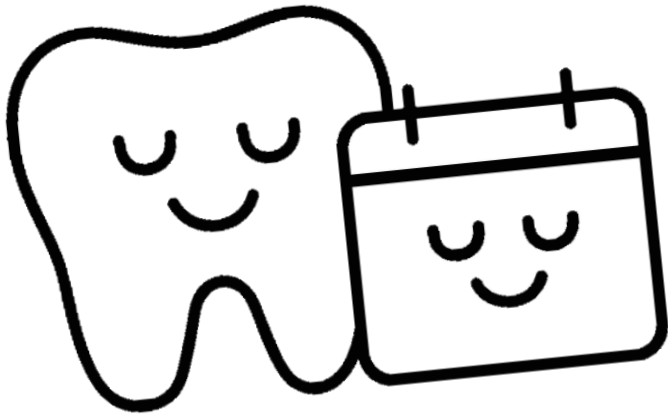
How teeth grow straight with help

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

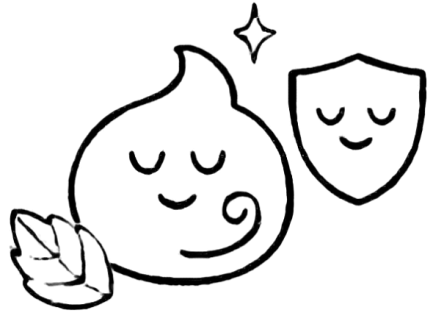
- Explain visits as **check ups**, not tests or problems.
- **Reassure** that returning is **normal**, helps prevent bigger issues, and can feel **familiar, safe, or different**.
- **Validate worries** — “It’s okay if it feels new.”
- Keep tone **calm, supportive**, focused on **continuity** and **care**.

What's Inside Toothpaste



A sensory-safe guide to texture, sparkle, and how it helps your smile.

What's In The Tube?



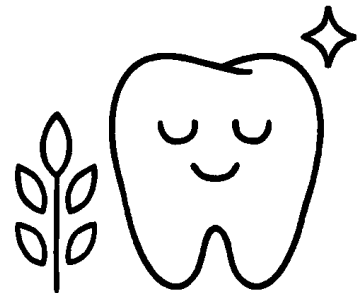
Toothpaste is a mix of cleaning agents, abrasives, and protective ingredients.

Cleaning Agents



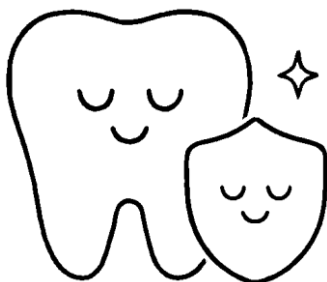
Mild foaming ingredients help spread the toothpaste and clean your teeth.

Gentle Abrasives



Tiny particles help polish the surface of your teeth without scratching.

Fluoride (Often Included)



Fluoride helps protect teeth from decay — not all toothpastes include it.

Flavour & Feel



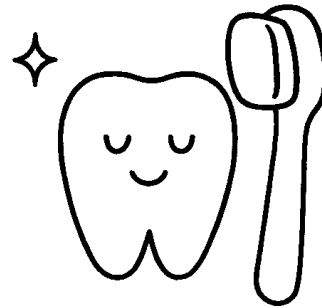
Toothpaste often includes mint or mild flavour & ingredients to keep it stable.

What's Inside Brushing My Teeth



A sensory-safe guide to texture, taste, sparkle, and fresh feel of a smile.

Shiny Teeth, Calm Routine



Brushing my teeth keeps them clean & shiny, it's part of caring for my smile.

Toothpaste Texture



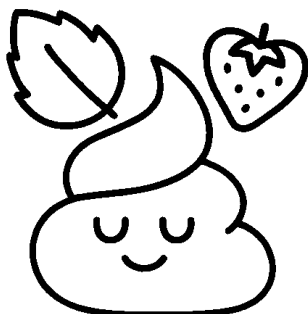
The toothpaste might feel smooth or bubbly. It spreads across my teeth.

Toothbrush Feel



The brush can feel tickly or soft. It helps polish my teeth without scratching.

Friendly Flavours



Toothpaste can taste minty or sweet. Flavours help brushing feel friendly.

After Brushing



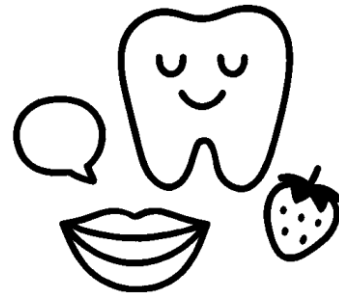
After brushing, my teeth feel fresh and shiny — ready for the day or night.

What's Inside Caring For My Smile



A sensory-safe guide to why teeth matter and how we keep them strong.

Why Teeth Matter



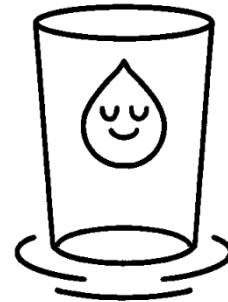
My teeth help me eat, talk, and smile. They are part of what makes me, me.

Strong & Sparkly



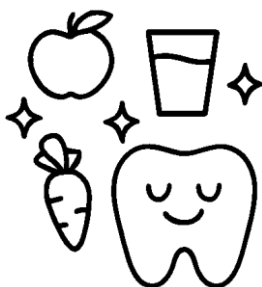
Brushing keeps my teeth clean & strong. It makes them sparkly & fresh.

Drinking Water



Drinking water washes food away & keeps my mouth hydrated & healthy.

Eating Helpful Foods



Foods like fruit, vegetables, & milk help my teeth grow strong & stay healthy.

Happy Teeth



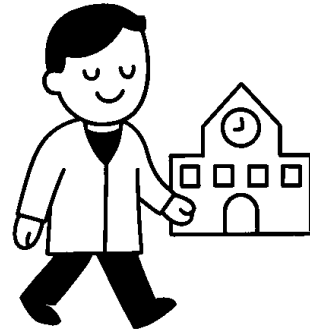
Caring for my teeth means they can sparkle & stay healthy for a long time.

What's Inside Meeting The Dentist



A sensory-safe guide to what happens during a school or clinic dentist visit.

Dentist Visit



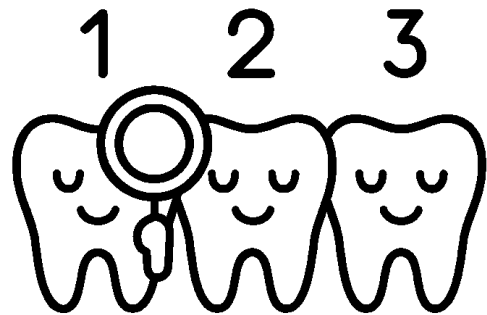
Sometimes a dentist comes to school or clinic to help us care for our teeth.

Looking At My Smile



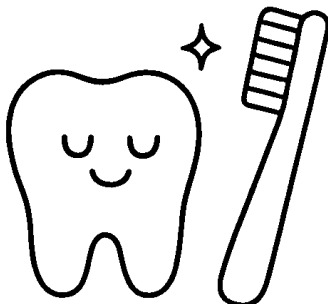
The dentist might look at my smile to see how my teeth are doing.

Counting Teeth



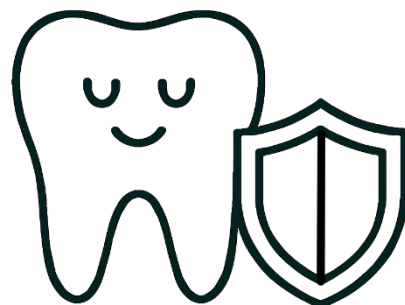
They might count my teeth to see how many I have and how they're growing.

Showing How to Brush



The dentist can show me how to brush to keep my teeth clean and strong.

Feeling New Or Different



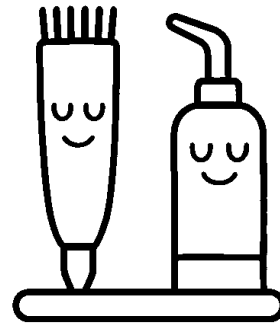
The dentist is there to help. It's okay if it feels new or different.

What's Inside Polishing My Teeth



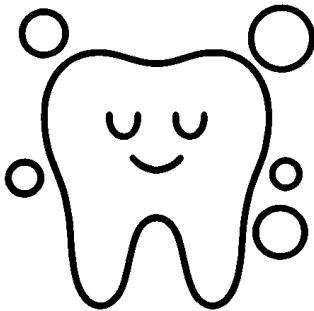
A sensory-safe guide to what happens when the dentist polishes my teeth.

Special Tools



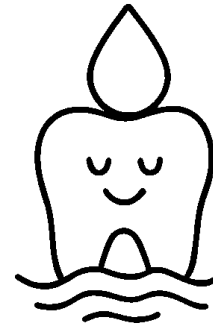
At the dentist, my teeth can be cleaned with tools to help them shine.

Tickly Or Bubbly Feel



It might feel a little tickly or bubbly, like tiny brushes or sprays.

Washing Away Food & Plaque



The dentist washes away food & plaque so my teeth feel smooth & fresh.

Smooth & Fresh



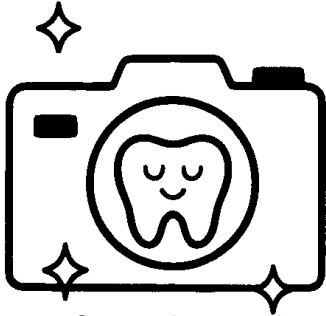
After cleaning, my teeth feel smooth like a pebble, and fresh in my mouth.

Shiny & Clean Smile



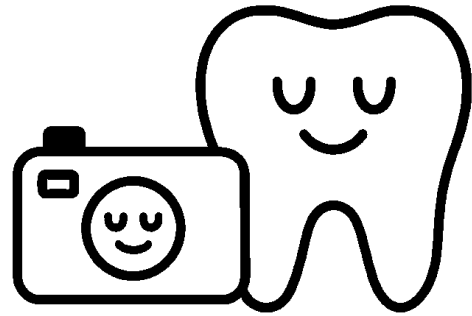
When it's finished, my smile can feel shiny and clean — ready to sparkle.

What's Inside Pictures Of Teeth



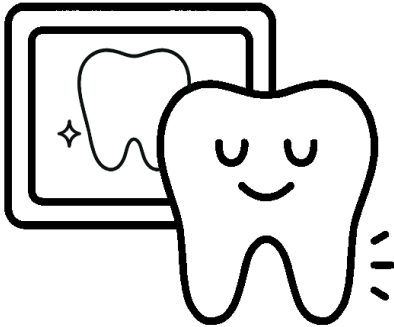
A sensory-safe guide to what happens when the dentist takes a tooth picture.

Tooth Picture



Sometimes the dentist takes a picture of my teeth. This is called an x-ray.

What It Shows



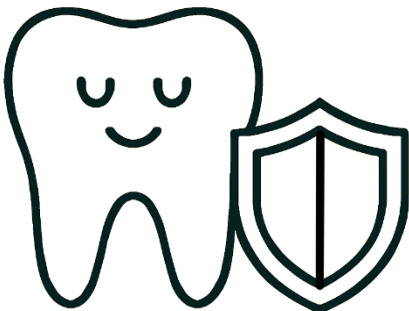
An x-ray shows the inside of my mouth to help the dentist see.

Why It Helps



The dentist uses the picture to see what's happening with my teeth.

How It Feels



The picture doesn't hurt — it's just a way to help keep my teeth strong.

After The Picture



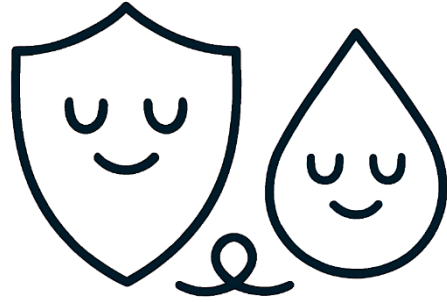
When it's finished, the dentist knows how to keep my teeth healthy.

What's Inside Protecting My Teeth



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

Shields & Varnish



Sometimes the dentist uses shields or varnish to keep teeth safe & strong.

Tiny Covers



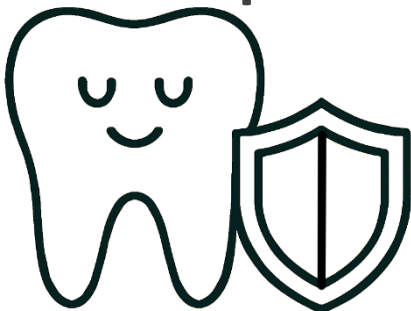
Sealants are tiny covers that stop food from sticking to the chewing surface.

Gentle Varnish



Fluoride is a gentle varnish that helps teeth stay strong and healthy.

How It Helps



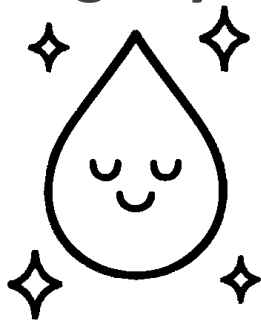
Sealants and fluoride work together to keep teeth sparkly and safe.

Sparkle & Safety



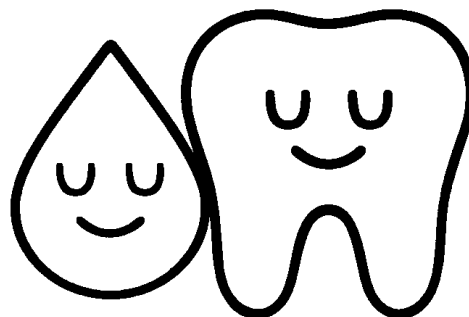
These are ways the dentist helps my smile sparkle and stay safe.

What's Inside Calming My Tooth



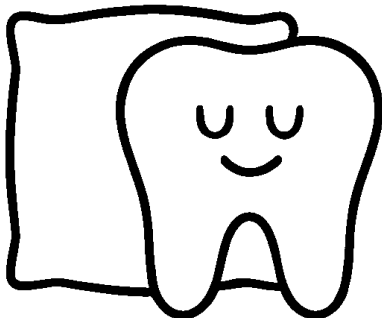
A sensory-safe guide to when a dentist helps a tooth rest & feel protected.

Special Medicine



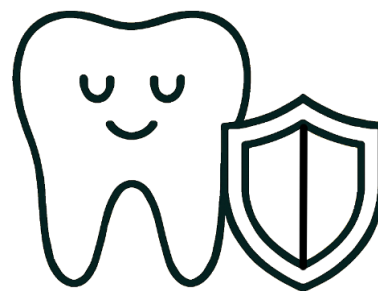
Sometimes the dentist uses a special medicine to help a tooth feel calm.

Helping The Tooth Rest



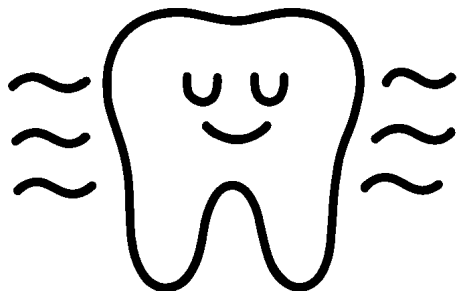
The tooth can rest, feeling calm and safe, while the dentist gently fixes it.

No Pain With Gentle Care



The medicine helps so the tooth won't feel pain during the visit.

How It Might Feel



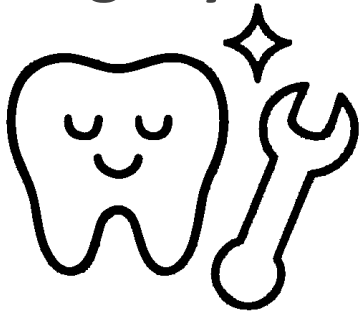
It might feel tingly, sleepy, or different — but it's safe and gentle.

Staying Strong



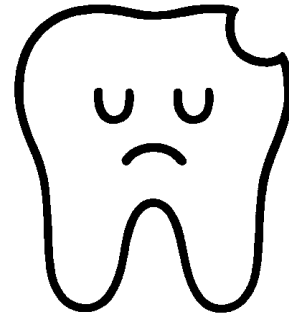
The medicine helps the tooth stay strong and healthy, giving it support.

What's Inside Fixing My Tooth



A sensory-safe guide to how the dentist repairs a tooth with a filling.

Why Teeth Need Fixing



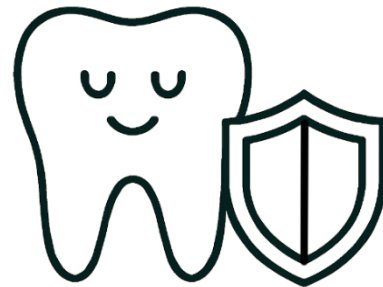
Sometimes a tooth needs fixing if it has a hole or feels sore.

Special Material



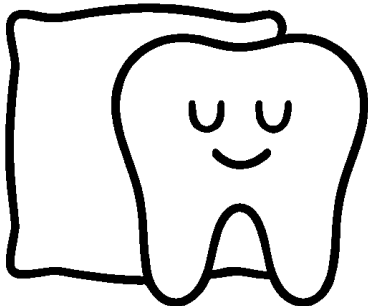
The dentist uses a special material called a filling to repair the tooth.

Making Teeth Strong



The filling helps the tooth stay strong and stops the hole from growing bigger.

How It Feels



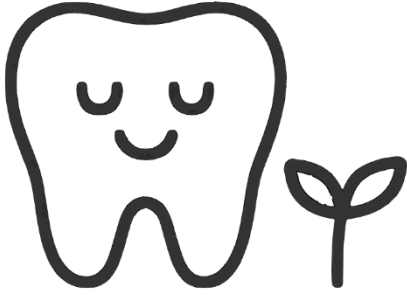
The dentist helps my tooth feel calm with soft pillow comfort or gentle tools.

Healthy Tooth, Happy Smile



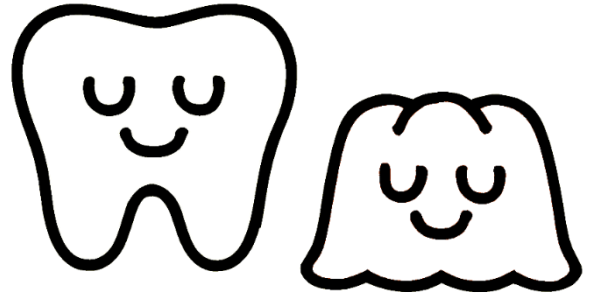
Fixing a tooth helps it last longer and keeps my smile healthy and strong.

What's Inside Wobbly Teeth



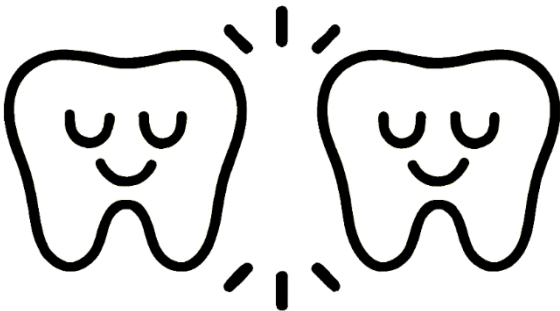
A sensory-safe guide to how baby teeth make space for adult teeth.

Baby Teeth Wobble



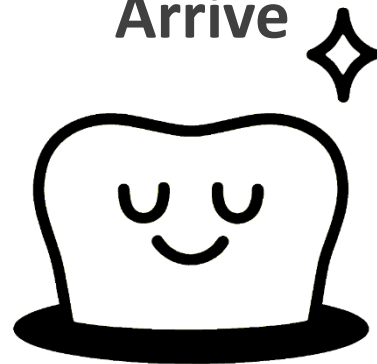
Baby teeth sometimes get wobbly like jelly and then fall out.

Making Space



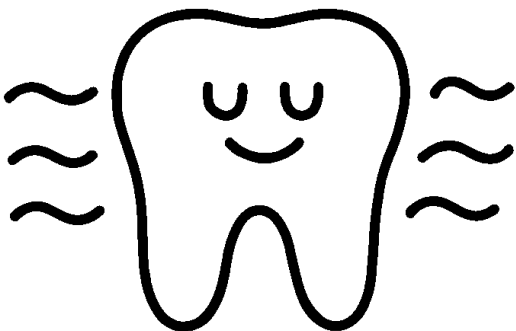
When baby teeth fall out, they make space for new teeth to grow.

New Teeth Arrive



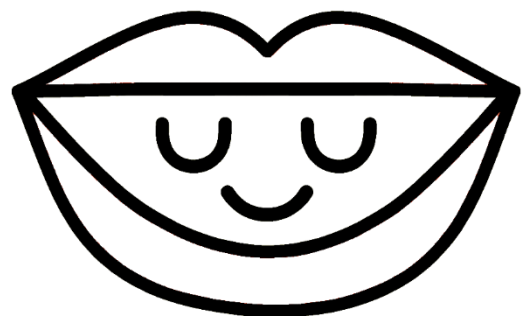
New teeth are stronger and help me eat and smile as I get bigger.

How It Feels



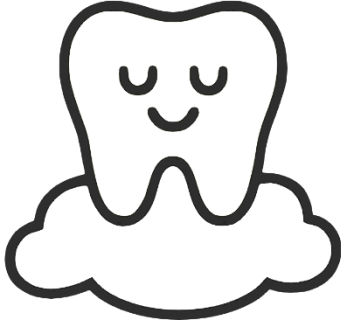
It's okay if it feels funny — it means my smile is growing too.

Smiles Growing Strong



New teeth help my smile stay bright and healthy as I grow.

What's Inside Tooth Goodbyes



A sensory-safe guide to what happens
when a tooth is taken out.

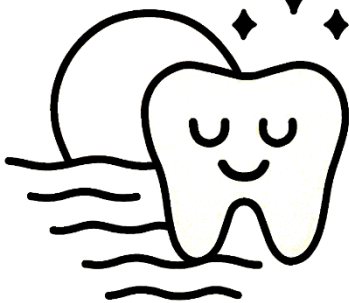
Why Teeth Say Goodbye

*Ouch!



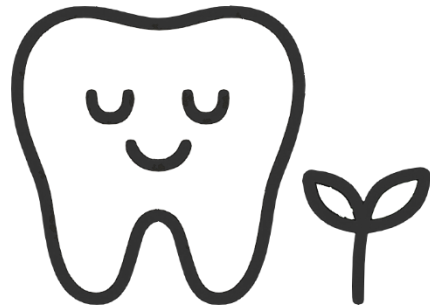
Sometimes a tooth needs to be taken
out if it's sore or not growing well.

Making Space



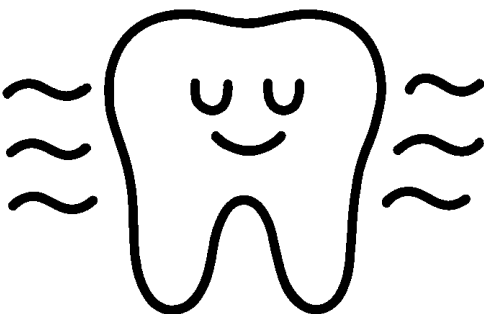
When baby teeth fall out, they make
space for new teeth to grow.

New Teeth Arrive



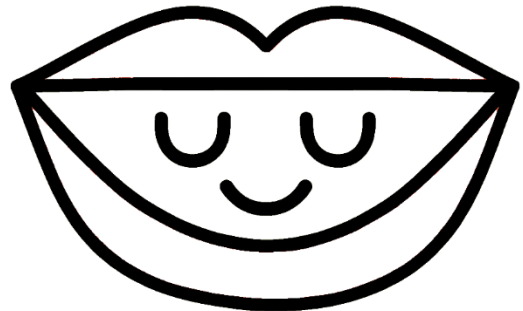
New teeth are stronger and help me
eat and smile as I get bigger.

How It Feels



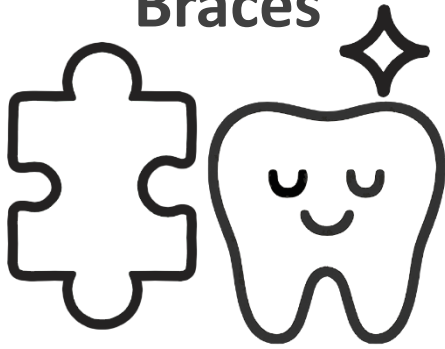
It's okay if it feels funny — it means
my smile is growing too.

Smiles Growing Strong



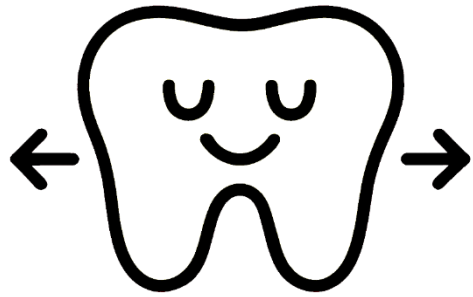
New teeth help my smile stay bright
and healthy as I grow.

What's Inside Braces



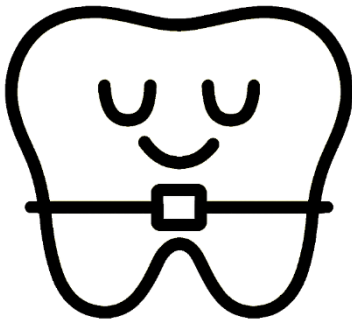
A sensory-safe guide to how they look, feel, and help your smile.

Why Teeth Need Help



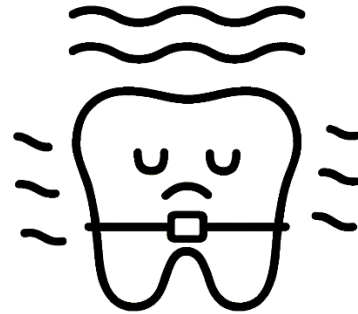
Sometimes teeth need extra help & guidance to grow in the right place.

Braces & Tools



Braces or other gentle tools can guide teeth so they line up neatly.

How It Feels



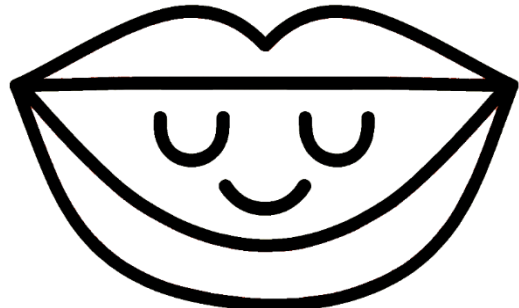
It might feel a bit different at first, but teeth are learning their best place.

Finding Their Place



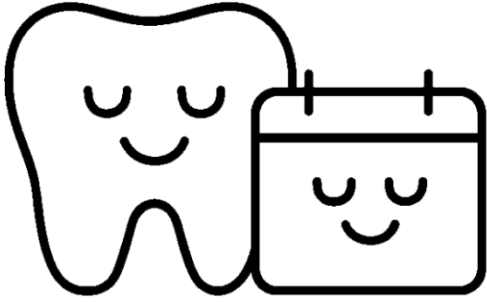
Braces help teeth find their place so my smile can grow strong & healthy.

Growing Strong Together



With gentle help, my teeth can grow straight, healthy, and strong.

What's Inside Dental Check Ups



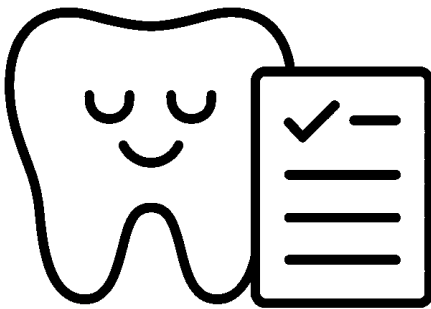
A sensory safe guide to why we go back to the dentist for check ups.

More Than Once



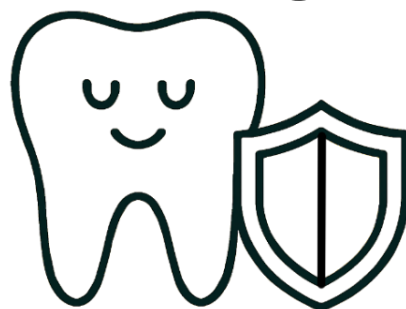
Dentists like to see us more than once to help care for our teeth.

Smile Check Ups



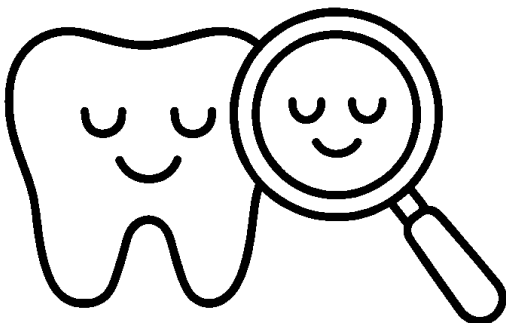
These visits are called check ups. They are part of keeping my smile healthy.

Staying Strong



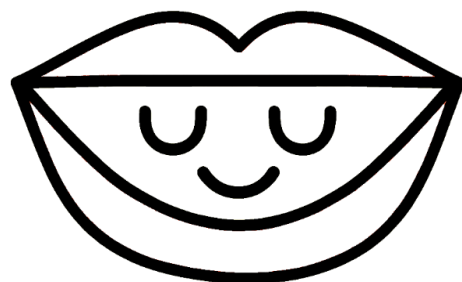
Check ups help make sure my teeth are still strong and healthy.

Spotting Problems Early



Going back again means the dentist can spot little problems early.

Keeping My Smile Safe



Check ups help keep my smile safe and bright for a long time.

Credits & Thanks

Created by



www.feelingvisible.com/dental

Making invisible needs visible
through emotionally safe resources



Dental guidance

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Thank you for reading

This guide was made with care