

# Dental Check Ups Visual Guide for Children

This guide gently explores why we visit the dentist again, what check ups are for, and how they help keep our teeth healthy — with calm visuals, and soft pastel colours.

With clear language, sensory-safe imagery, and gentle sparkle motifs, each panel supports emotional regulation, understanding, and trust in a space that can feel bright or unfamiliar.

If returning to the dentist feels new or a little uncertain, this guide is here to make things feel more manageable — one calm check up at a time.

## Questions You Might Have

### Why do we go back to the dentist?

We return for check ups so the dentist can make sure our teeth are healthy and growing well. These visits help keep our smile strong over time.

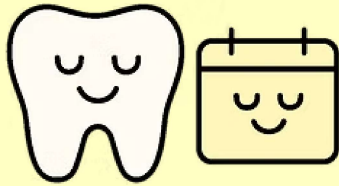
### What happens during a check up?

A check up is a calm look at our teeth, gums, and smile. The dentist gently checks for signs of strength, growth, or anything that might need extra care.

### Why are regular visits important?

Regular visits help keep our smile safe, bright, and healthy for a long time — one calm check up at a time.

## What's Inside Dental Check Ups



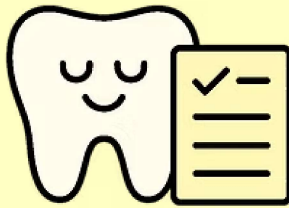
A sensory safe guide to why we go back to the dentist for check ups.

## More Than Once



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

## Smile Check Ups



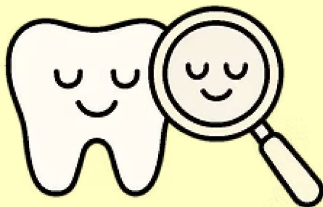
These visits are called check ups. They are part of keeping my smile healthy.

## Staying Strong



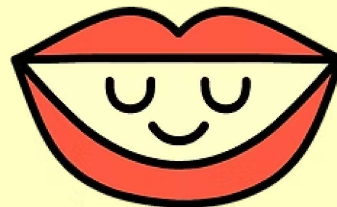
Check ups help make sure my teeth are still strong and healthy.

## 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.