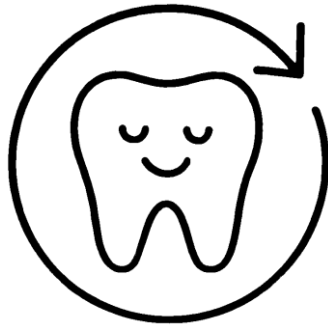


# Friendly Visit Guides

A Sensory-Safe Visual Support 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 guide uses six simple visual panels to show what might **happen**, what you might **see**, and what to **expect** — using **gentle illustrations, clear steps, and emotionally safe language** designed with **neurodivergent needs** in mind.

**You're not alone.**  
These guides are here to help —  
**one smile at a time.**

Created by

**Feeling  
Visible** 

[www.feelingvisible.com](http://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 guide uses simple **six-panel visuals**, **clear explanations**, and **emotionally safe language** — designed to help children, families, and professionals feel calm, informed, 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, explored 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.

# Contents

## My Gentle Dental Guide

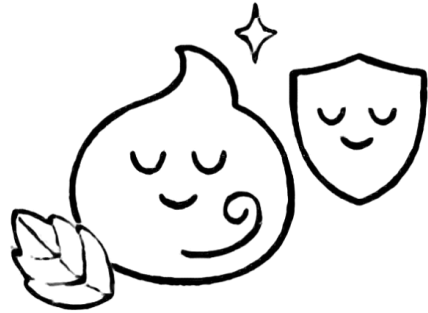
	<b>Toothpaste Sparkle</b> 5 A guide to texture, sparkle and how it helps your smile
	<b>Brushing My Teeth</b> 6 Gentle guide to texture, taste, and sparkle
	<b>Caring for My Smile</b> 7 Why teeth matter, how we keep them strong
	<b>Meeting the Dentist</b> 8 What happens when the dentist visits school or clinic
	<b>Cleaning My Teeth at the Dentist (Polishing)</b> 9 Soft bubbles, gentle polish, and what it feels like
	<b>Tooth pictures — what X-rays show</b> 10 What happens when the dentist takes a tooth picture
	<b>How sealants and fluoride help keep teeth safe</b> 11 Shields and varnish — how they help keep teeth safe
	<b>Helping My Tooth Feel Calm (Numbing)</b> 12 What numbing means, with gentle reassurance
	<b>Fixing My Tooth (Fillings)</b> 13 How dentists repair teeth, explained step by step
	<b>Saying Goodbye to a Tooth (Extraction)</b> 14 Why a tooth might be removed, with calm visuals
	<b>New Teeth Growing In</b> 15 How baby teeth make space for stronger adult teeth
	<b>Braces and Straightening</b> 16 Gentle tools that guide teeth to line up neatly
	<b>Check ups — why they help keep smiles safe</b> 17 Why check ups matter for keeping smiles safe

## What's Inside Toothpaste



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

## What's In The Tube?



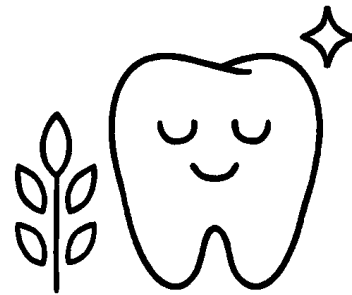
Toothpaste is a mix of cleaning agents, abrasives, and protective ingredients.

## Cleaning Agents



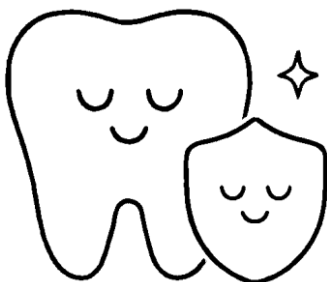
Mild foaming ingredients help spread the toothpaste and clean your teeth.

## 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



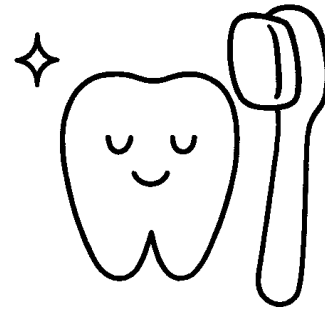
Toothpaste often includes mint or mild flavour & ingredients to keep it stable.

## 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



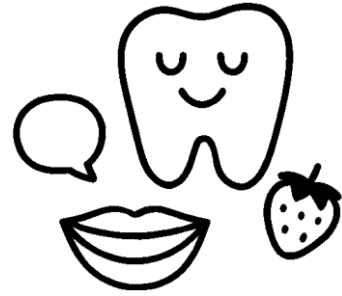
After brushing, my teeth feel fresh and shiny — ready for the day or night.

## What's Inside Caring For My Smile



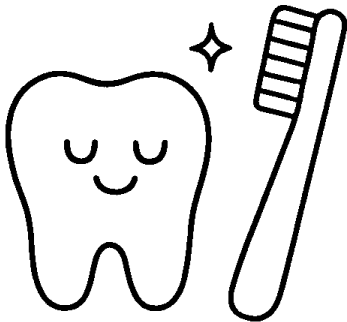
A sensory-safe guide to why teeth matter and how we keep them strong.

## Why Teeth Matter



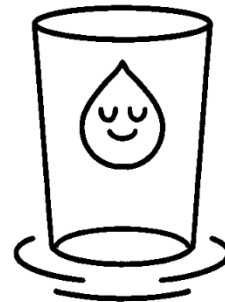
My teeth help me eat, talk, and smile. They are part of what makes me, me.

## Strong & Sparkly



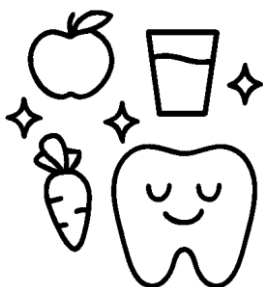
Brushing keeps my teeth clean & strong. It makes them sparkly & fresh.

## 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



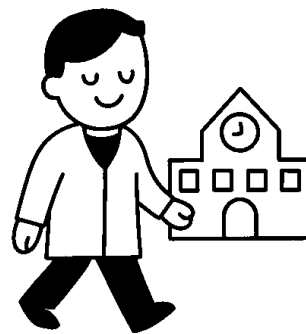
Caring for my teeth means they can sparkle & stay healthy for a long time.

## What's Inside Meeting The Dentist



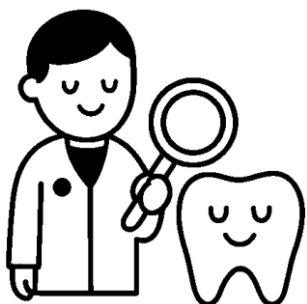
A sensory-safe guide to what happens during a school or clinic dentist visit.

## Dentist Visit



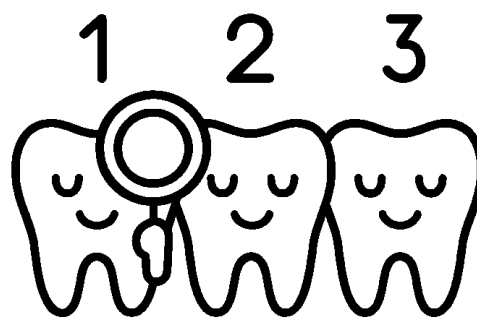
Sometimes a dentist comes to school or clinic to help us care for our teeth.

## Looking At My Smile



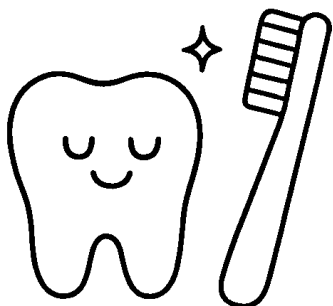
The dentist might look at my smile to see how my teeth are doing.

## Counting Teeth



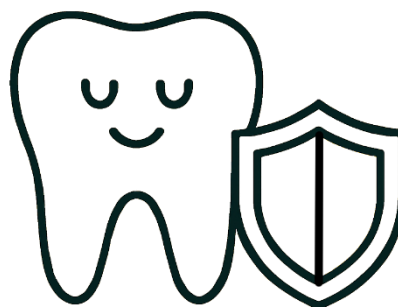
They might count my teeth to see how many I have and how they're growing.

## Showing How to Brush



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

## Feeling New Or Different



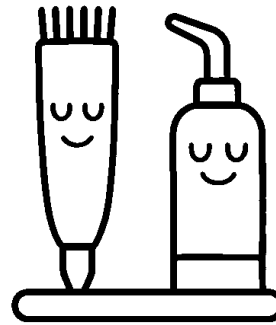
The dentist is there to help. It's okay if it feels new or different.

## What's Inside Polishing My Teeth



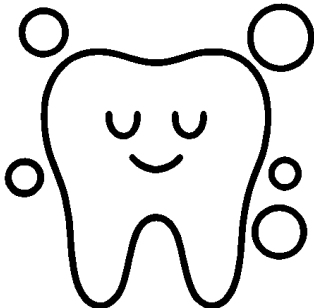
A sensory-safe guide to what happens when the dentist polishes my teeth.

## Special Tools



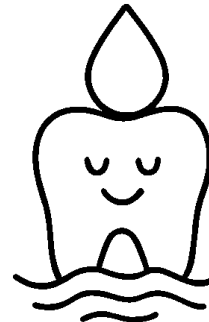
At the dentist, my teeth can be cleaned with tools to help them shine.

## Tickly Or Bubbly Feel



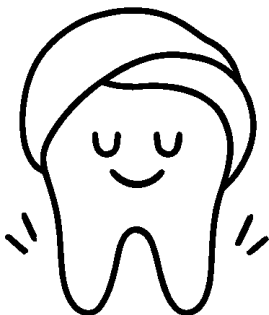
It might feel a little tickly or bubbly, like tiny brushes or sprays.

## Washing Away Food & Plaque



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

## Smooth & Fresh



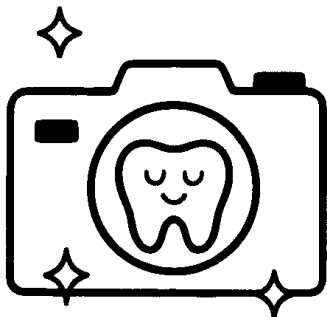
After cleaning, my teeth feel smooth like a pebble, and fresh in my mouth.

## Shiny & Clean Smile



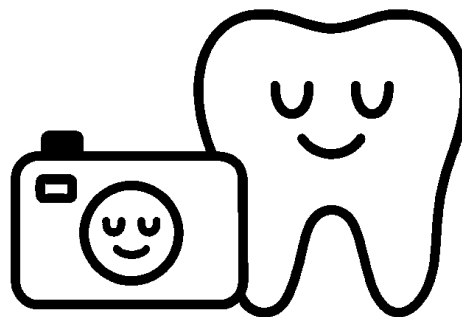
When it's finished, my smile can feel shiny and clean — ready to sparkle.

## What's Inside Pictures Of Teeth



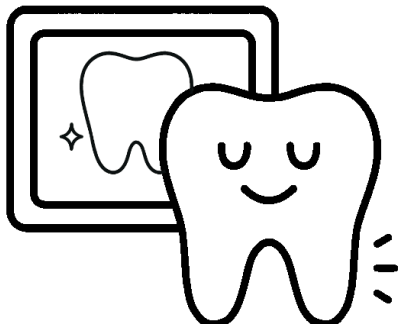
A sensory-safe guide to what happens when the dentist takes a tooth picture.

## Tooth Picture



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

## What It Shows



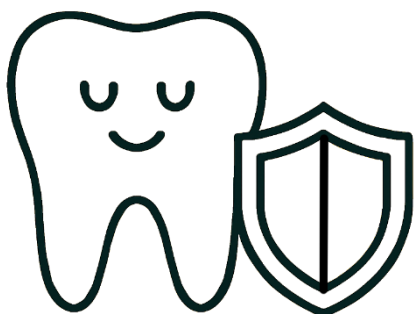
An x-ray shows the inside of my mouth to help the dentist see.

## 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



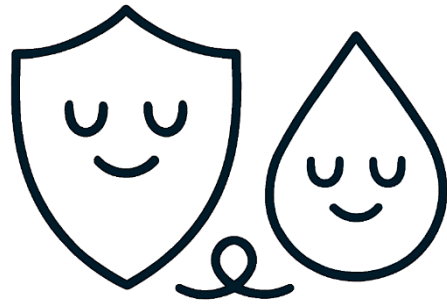
When it's finished, the dentist knows how to keep my teeth healthy.

## 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



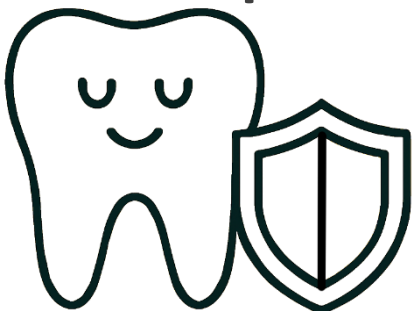
Sealants are tiny covers that stop food from sticking to the chewing surface.

## 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



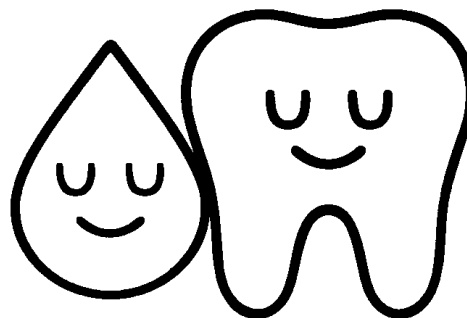
These are ways the dentist helps my smile sparkle and stay safe.

## What's Inside Calming My Tooth



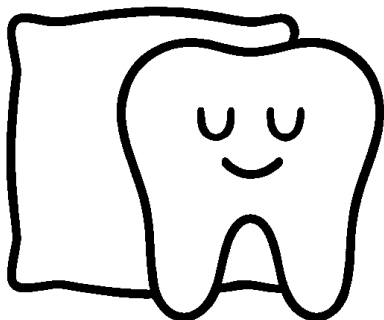
A sensory-safe guide to when a dentist helps a tooth rest & feel protected.

## Special Medicine



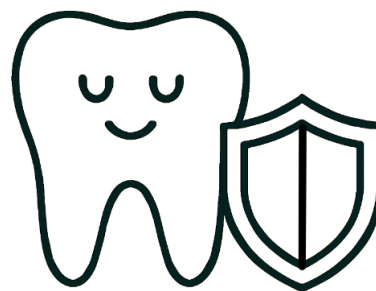
Sometimes the dentist uses a special medicine to help a tooth feel calm.

## Helping The Tooth Rest



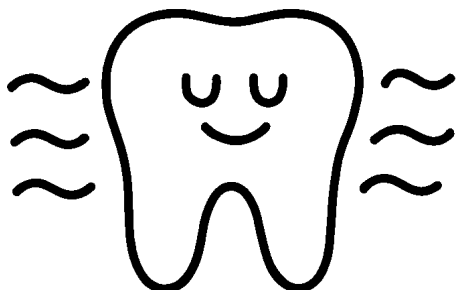
The tooth can rest, feeling calm and safe, while the dentist gently fixes it.

## No Pain With Gentle Care



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

## How It Might Feel



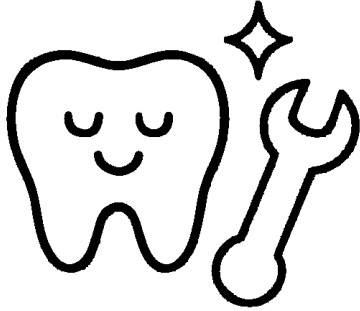
It might feel tingly, sleepy, or different — but it's safe and gentle.

## Staying Strong



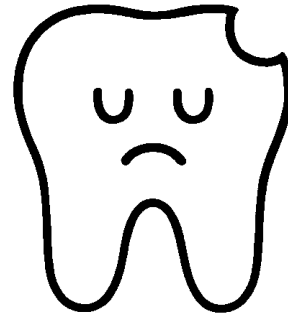
The medicine helps the tooth stay strong and healthy, giving it support.

## What's Inside Fixing My Tooth



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

## Why Teeth Need Fixing



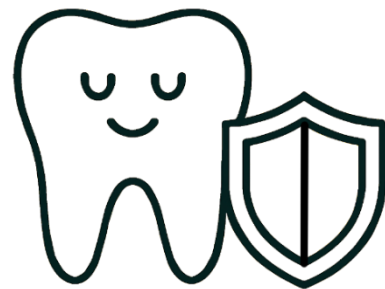
Sometimes a tooth needs fixing if it has a hole or feels sore.

## Special Material



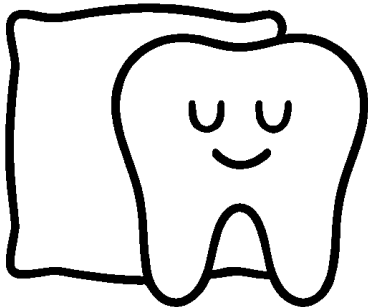
The dentist uses a special material called a filling to repair the tooth.

## Making Teeth Strong



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

## How It Feels



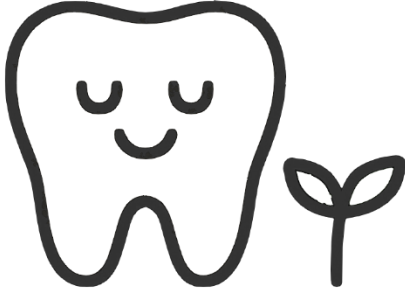
The dentist helps my tooth feel calm with soft pillow comfort or gentle tools.

## Healthy Tooth, Happy Smile



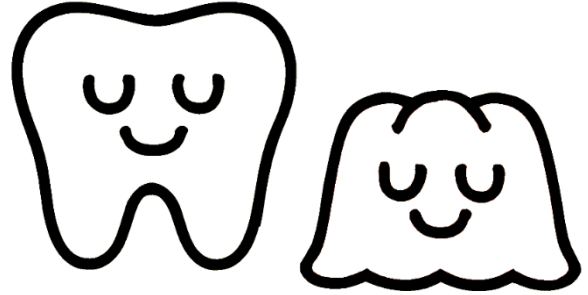
Fixing a tooth helps it last longer and keeps my smile healthy and strong.

## What's Inside Wobbly Teeth



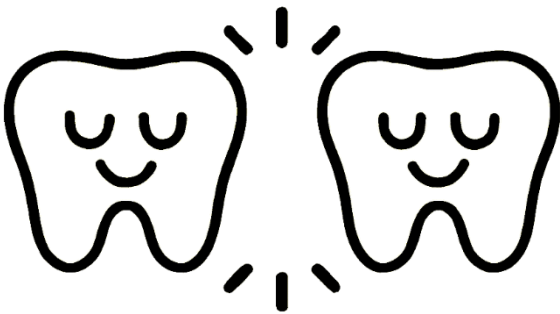
A sensory-safe guide to how baby teeth make space for adult teeth.

## Baby Teeth Wobble



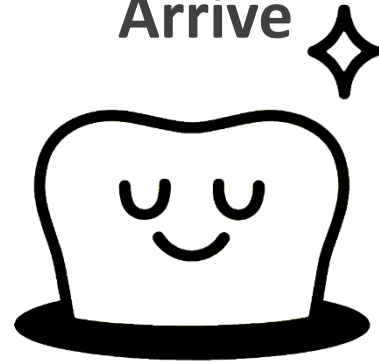
Baby teeth sometimes get wobbly like jelly and then fall out.

## Making Space



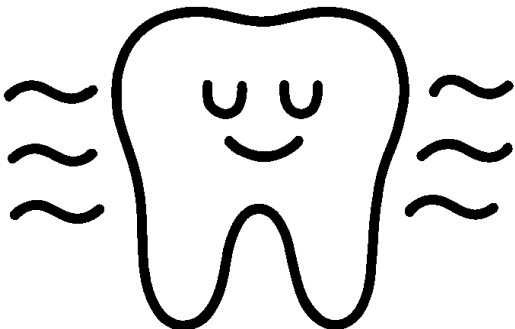
When baby teeth fall out, they make space for new teeth to grow.

## New Teeth Arrive



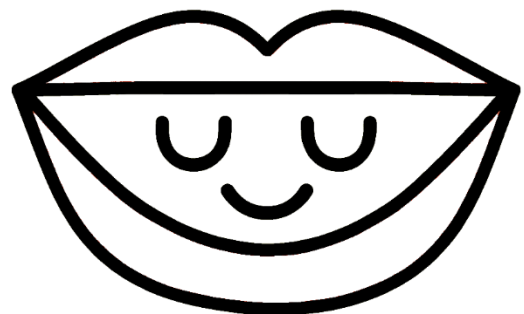
New teeth are stronger and help me eat and smile as I get bigger.

## 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!



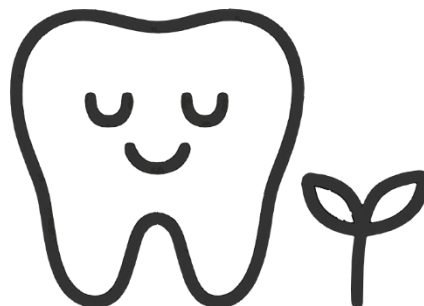
Sometimes a tooth needs to be taken  
out if it's sore or not growing well.

## Making Space



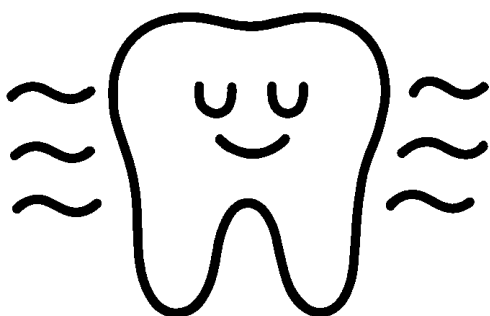
When baby teeth fall out, they make  
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## New Teeth Arrive



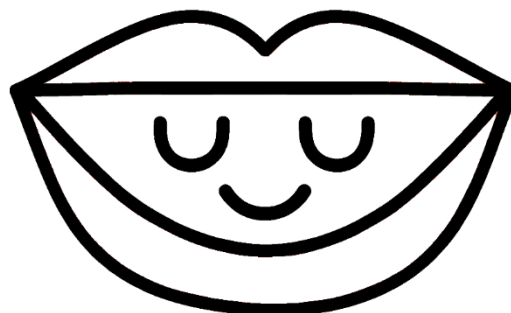
New teeth are stronger and help me  
eat and smile as I get bigger.

## How It Feels



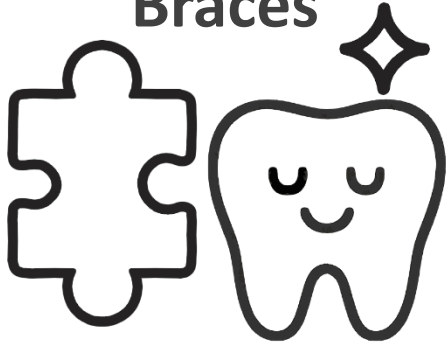
It's okay if it feels funny — it means  
my smile is growing too.

## Smiles Growing Strong



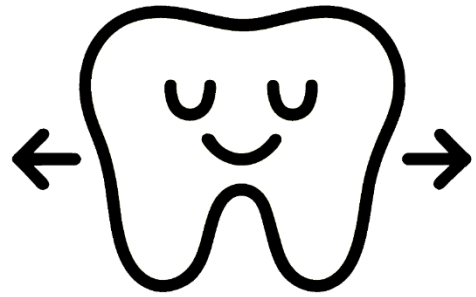
New teeth help my smile stay bright  
and healthy as I grow.

## What's Inside Braces



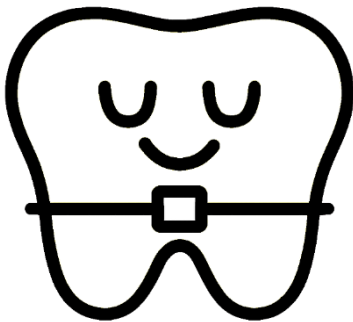
A sensory-safe guide to how they look, feel, and help your smile.

## Why Teeth Need Help



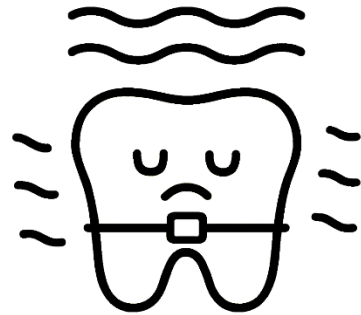
Sometimes teeth need extra help & guidance to grow in the right place.

## Braces & Tools



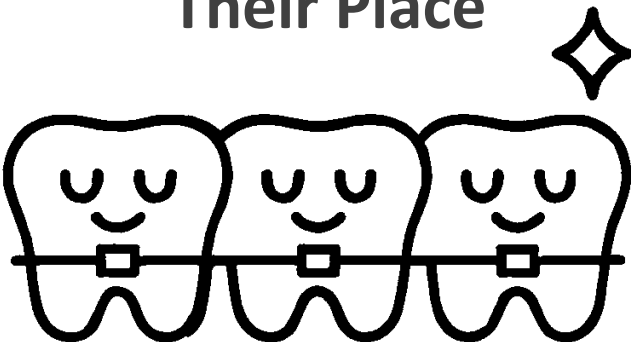
Braces or other gentle tools can guide teeth so they line up neatly.

## How It Feels



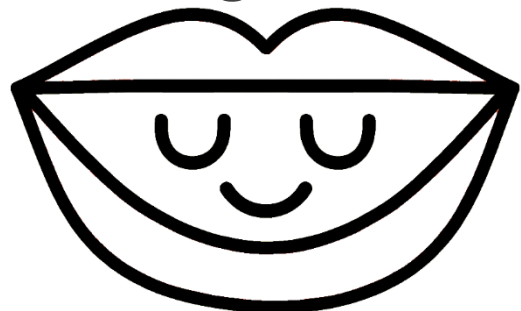
It might feel a bit different at first, but teeth are learning their best place.

## Finding Their Place



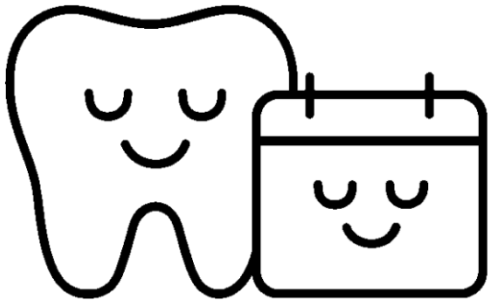
Braces help teeth find their place so my smile can grow strong & healthy.

## Growing Strong Together



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

## What's Inside Dental Check Ups



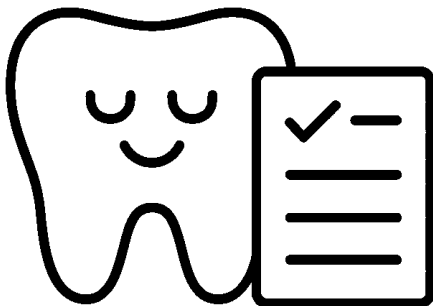
A sensory safe guide to why we go back to the dentist for check ups.

## More Than Once



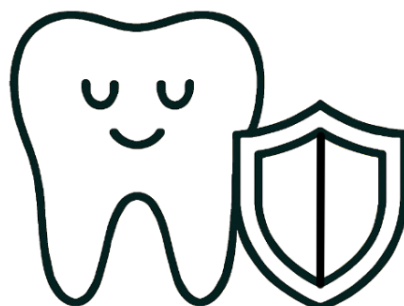
Dentists like to see us more than once to help care for our teeth.

## Smile Check Ups



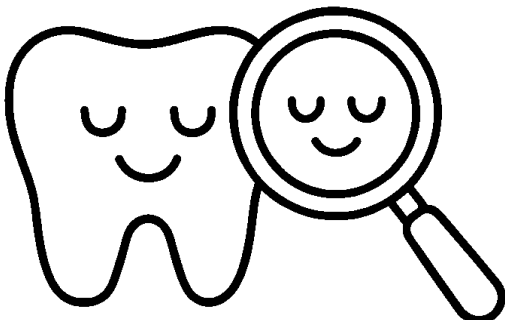
These visits are called check ups. They are part of keeping my smile healthy.

## Staying Strong



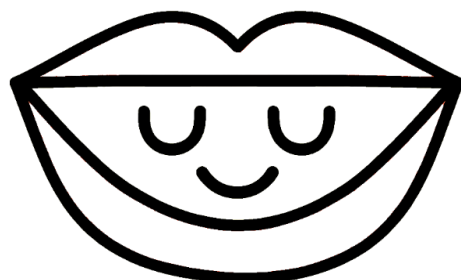
Check ups help make sure my teeth are still strong and healthy.

## 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

**Feeling  
Visible** 

[www.feelingvisible.com/dental](http://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