



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**.