



# Caring For My Smile Visual Guide for Children

This guide gently explores what caring for my smile is, why teeth matter, and how we keep them clean and strong — with brushing, drinking water, helpful foods, and occasional sparkles and comforts.

With **soft colours**, **friendly visuals**, and **clear language**, each panel supports **emotional regulation**, **sensory understanding**, and **relational trust**.

If tooth care feels unfamiliar or seems a little confusing sometimes, this guide is here to help things feel more manageable — **one calm smile at a time**.

## Questions You Might Have

### **Why are teeth important?**

Your teeth help you eat, talk, and smile. They are part of what makes you, you. Healthy teeth support many important daily activities.

### **Why should children drink water for dental health?**

Drinking water helps wash away food and keeps your mouth hydrated and healthy. Water is one of the best drinks for teeth.

### **Why is daily dental care important?**

Caring for your teeth means they can sparkle and stay healthy for a long time. Good daily habits protect teeth throughout your life.

Find more calm guides at [www.feelingvisible.com](http://www.feelingvisible.com)

## 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 and strong. It makes them sparkly and fresh.

## Drinking Water



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

## Eating Helpful Foods



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

## Happy Teeth



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