



Fixing My Tooth Visual Guide for Children

This guide gently explores what fixing a tooth means, how dentists use special filling material, and how it helps teeth stay strong — with calm shields, gentle patches, and sparkles of reassurance.

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

If dentist visits feel unfamiliar or seem a little confusing sometimes, this guide is here to help things feel more manageable — **one calm repair at a time**.

Questions You Might Have

Why do teeth need protection?

Sometimes the dentist uses shields or varnish to help keep teeth safe and strong. These treatments protect teeth from cavities and decay.

What is fluoride treatment?

Fluoride is a gentle varnish that helps teeth stay strong and healthy. The dentist applies it to teeth to make them more resistant to cavities.

Do sealants and fluoride hurt?

No, sealants and fluoride treatments are painless. They are gentle procedures that help protect teeth without any discomfort.

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.