



Polishing My Teeth Visual Guide for Children

This guide gently explores what teeth cleaning means, why dentists use special tools, and how they help polish teeth safely — with gentle brushes, calm sprays, soft bubbles, and occasional sparkles of freshness.

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 polish at a time**.

Questions You Might Have

What tools does the dentist use to clean teeth?

At the dentist, your teeth can be cleaned with special tools that help them shine. These gentle tools are designed to polish and clean teeth safely.

What does dental cleaning remove?

The dentist helps wash away food and plaque so your teeth feel smooth and fresh. Cleaning removes buildup that regular brushing might miss.

Why is teeth cleaning important?

When it's finished, your smile can feel shiny and clean — ready to sparkle. Regular cleaning helps keep teeth healthy and prevents problems.

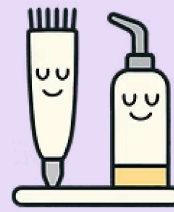
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What's Inside Polishing My Teeth



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

Special Tools



At the dentist, my teeth can be cleaned with special tools that 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 helps wash away food and plaque so my teeth feel smooth and fresh.

Smooth & Fresh



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

Shiny & Clean Smile



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