



# Brushing My Teeth

A gentle guide to texture, taste, and sparkle

**Brushing my teeth** helps keep them **clean** and **shiny**. The **toothpaste** might feel **smooth** or a little **bubbly**, and the **brush** can feel **tickly** or **soft**. Sometimes it tastes **minty**, sometimes it tastes **sweet**. When I'm done, my teeth feel **fresh** and **sparkly**.

This is what brushing feels like for me...

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## Adult Notes – Gentle Guidance

- **Invite** the child to share **sensations**.
- **Accept all responses** – no right or wrong.
- **Note dislikes** calmly; they may guide **choices**.
- **Emphasise care** over **perfection**, with **reassurance**.