



# Toothpaste Visual Guide for Children

This guide gently explores what toothpaste is, how it's made, and what might be added — like gentle abrasives, foaming agents, or occasional flavour and sparkle.

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

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

## Questions You Might Have

### **What is toothpaste made of?**

Toothpaste is a smooth mixture of cleaning agents, gentle abrasives, and ingredients to protect your teeth. These components work together to clean, polish, and strengthen teeth.

### **What are abrasives in toothpaste?**

Tiny particles help polish the surface of your teeth without scratching. These gentle abrasives remove stains and build up while being safe for tooth enamel.

### **How do I choose toothpaste for sensitive teeth or sensory needs?**

Look for toothpastes with mild flavours, gentle textures, and formulations designed for sensitive teeth. Many brands offer low foam, less minty, or unflavoured options suitable for sensory sensitivities.

## What's Inside Toothpaste



A sensory-safe guide to texture, sparkle, and how it helps your smile.

## What's In The Tube?



Toothpaste is a mix of cleaning agents, abrasives, and protective ingredients.

## Cleaning Agents



Mild foaming ingredients help spread the toothpaste & lift away food & plaque.

## Gentle Abrasives



Tiny particles help polish the surface of your teeth without scratching.

## Fluoride (Often Included)



Fluoride helps protect teeth from decay — not all toothpastes include it.

## Flavour & Feel



Toothpaste often includes mint or mild flavouring, and ingredients to keep it stable.