



Toothpaste Sparkle

A guide to texture, sparkle, and how it helps your smile

Toothpaste is made to help **clean** and **protect** your teeth. It might feel **smooth**, **creamy**, or a little **foamy**. Some kinds **sparkle**, some taste **minty**, and some are **mild** or **sweet**. Every **toothpaste** is a little **different**, and it's **okay** to notice what feels **best** for you.

This is what toothpaste feels like for me...

Adult Notes – Gentle Guidance

- **Invite** the child to explore **texture**, **taste**, and **sparkle**.
- **Accept all responses** — **no right or wrong**.
- **Offer choices** calmly, based on sensory **feedback**.
- **Emphasise comfort** over **correctness**, with **reassurance**.