



# Brushing My Teeth Visual Guide for Children

This guide gently explores what brushing my teeth is, how it supports caring for my smile, and what might be included — like toothpaste texture, toothbrush feel, flavours, or occasional sparkles and comforts.

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

If brushing teeth 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

### **Why should children brush their teeth?**

Brushing your teeth helps keep them clean and shiny. It's part of caring for your smile every day and prevents cavities.

### **What does a toothbrush feel like?**

The brush can feel tickly or soft. It helps polish your teeth without scratching, using gentle bristles to clean thoroughly.

### **Is tooth brushing safe for children with sensory sensitivities?**

Yes, tooth brushing can be adapted for sensory sensitivities. Using soft bristled brushes, mild flavoured toothpaste, and gentle techniques can make brushing comfortable for all children.

## What's Inside Brushing My Teeth



A sensory-safe guide to texture, taste, sparkle, and fresh feel of a smile.

## Shiny Teeth, Calm Routine



Brushing my teeth keeps them clean and shiny — it's part of caring for my smile.

## Toothpaste Texture



The toothpaste might feel smooth or bubbly. It spreads across my teeth.

## Toothbrush Feel



The brush can feel tickly or soft. It helps polish my teeth without scratching.

## Friendly Flavours



Toothpaste can taste minty or sweet. Flavours help make brushing feel friendly.

## After Brushing



After brushing, my teeth feel fresh and shiny — ready for the day or night.