

## 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 & 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 brushing feel friendly.

## After Brushing



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