

My Daily Helper

Pink Bunny & Friends

Brushing My Teeth



**A Social Story About
Keeping My Mouth Clean and Healthy**

1

It Is Toothbrushing Time



Brushing helps keep my teeth clean and healthy. I usually brush morning and night.

Ask Together

When do you brush your teeth?



I Choose My Toothbrush



I use a toothbrush and toothpaste that feel comfortable for me.

Ask Together

What toothbrush or flavor do you like?



3

I Add Toothpaste



I put a small pea-sized amount of toothpaste on my brush.

Ask Together

How much toothpaste do you need?



4

I Brush the Front



I gently brush the front of my teeth with small movements.

Ask Together

Can you show a gentle brushing motion?



I Brush the Back



I gently reach the teeth in the back of my mouth.

Ask Together

Why do back teeth need brushing?



I Brush the Tops



I brush the chewing surfaces on the tops of my teeth.

Ask Together

What parts have you brushed so far?



I Use a Timer



A timer or song helps me brush long enough.

Ask Together

What timer or song could help?



I Spit and Rinse



When I am done, I spit into the sink and rinse my toothbrush.

Ask Together

What happens after brushing?



I Can Ask for Help



A trusted grown-up can help me reach every tooth.

Ask Together

Who can help check your teeth?



Great Job - Clean Teeth!



My mouth feels clean. Brushing is one way I take care of my body.

Ask Together

What are you proud of?

