

Brushing My Teeth



Social Story



It is important to brush my teeth every day to keep them healthy and clean. I need to brush my teeth at least twice per day. I brush my teeth in the morning and at night before I go to bed.



To brush my teeth, I need a toothbrush, toothpaste, and floss. I may also use a cup of water to rinse my mouth.



First, I turn on the bathroom tap and wet my toothbrush with the water. Then I turn off the water.



I then squeeze toothpaste onto my toothbrush. I only need a small amount of toothpaste about the size of a pea. The toothpaste will help keep my teeth clean and healthy!



Now I can start brushing my teeth. I need to brush the front of my teeth, the top of my teeth, and the back of my teeth. I need to make sure I brush every single tooth in my mouth.



When I am brushing my teeth, I need to brush gently in little circles. Too hard and I could hurt my gums or damage my teeth. My parents can help me make sure that I brush my teeth gently.



I should also brush my tongue because it gets dirty too!



When I am done brushing my teeth, I need to spit out the toothpaste into the sink. Swallowing the toothpaste can make me sick.



I will then turn on the bathroom sink and rinse my toothbrush off under the running water. It is important to keep my toothbrush clean. Then I can put my toothbrush away.



A toothbrush cannot clean well between my teeth so I use dental floss to clean between my teeth every single day. I only need to use a small amount of floss. Or I can use a dental floss pick. When I am done flossing my teeth, I throw the floss away in the garbage.



Next, I need to rinse my mouth. I drink some water, but I do not swallow it. I move the water around in my mouth and then spit it into the bathroom sink.



Sometimes when I brush my teeth I get toothpaste or water on my face. I can use a towel to wipe around my mouth when I am done brushing my teeth.



I can keep my teeth clean all by myself! My parents will be so proud of me for keeping my teeth healthy and clean.