Social Story

Brushing Teeth

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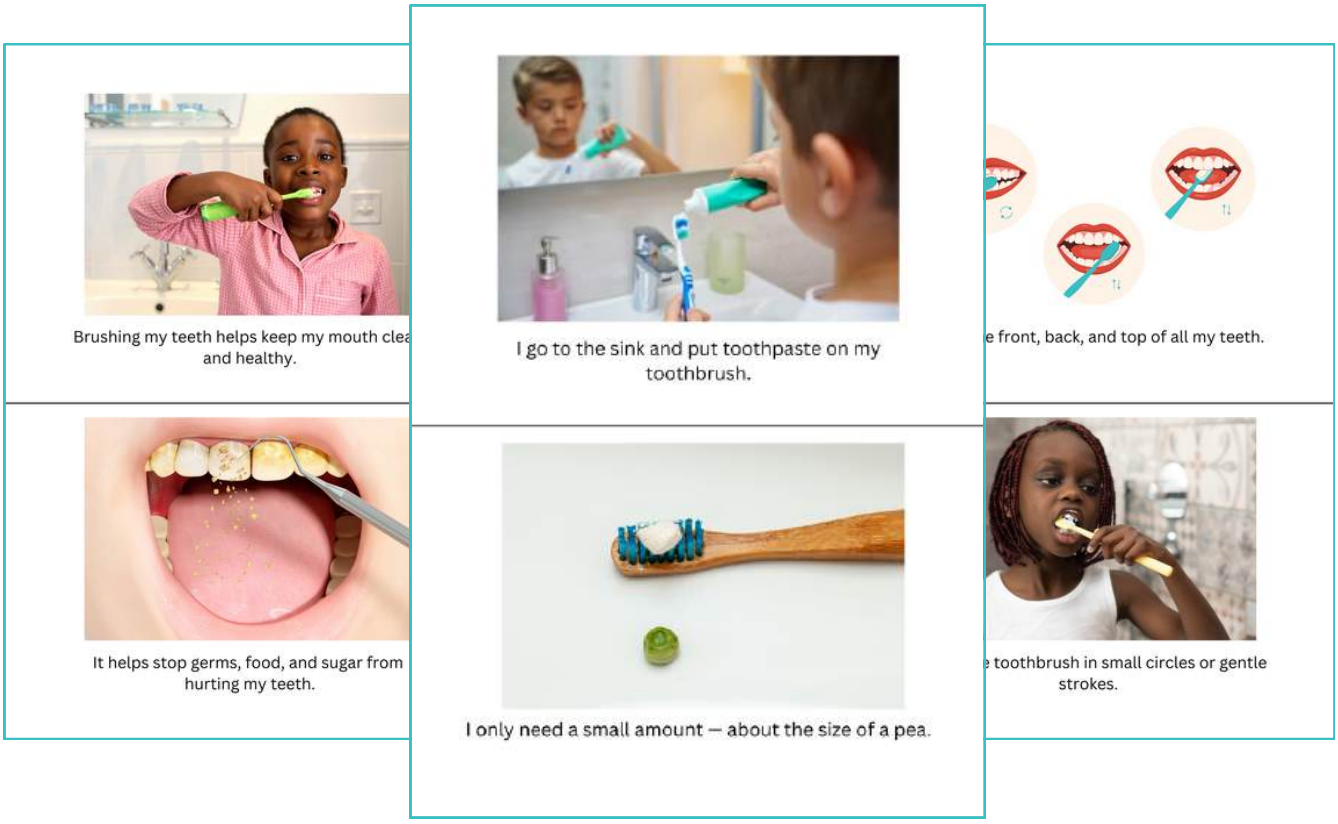
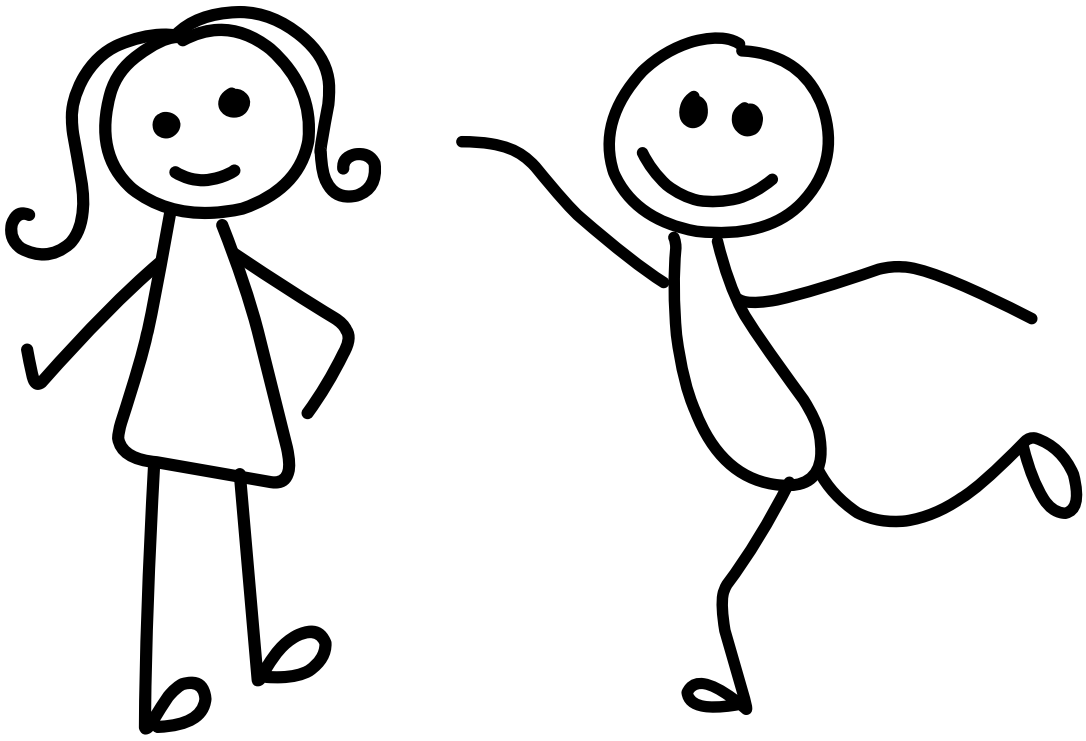
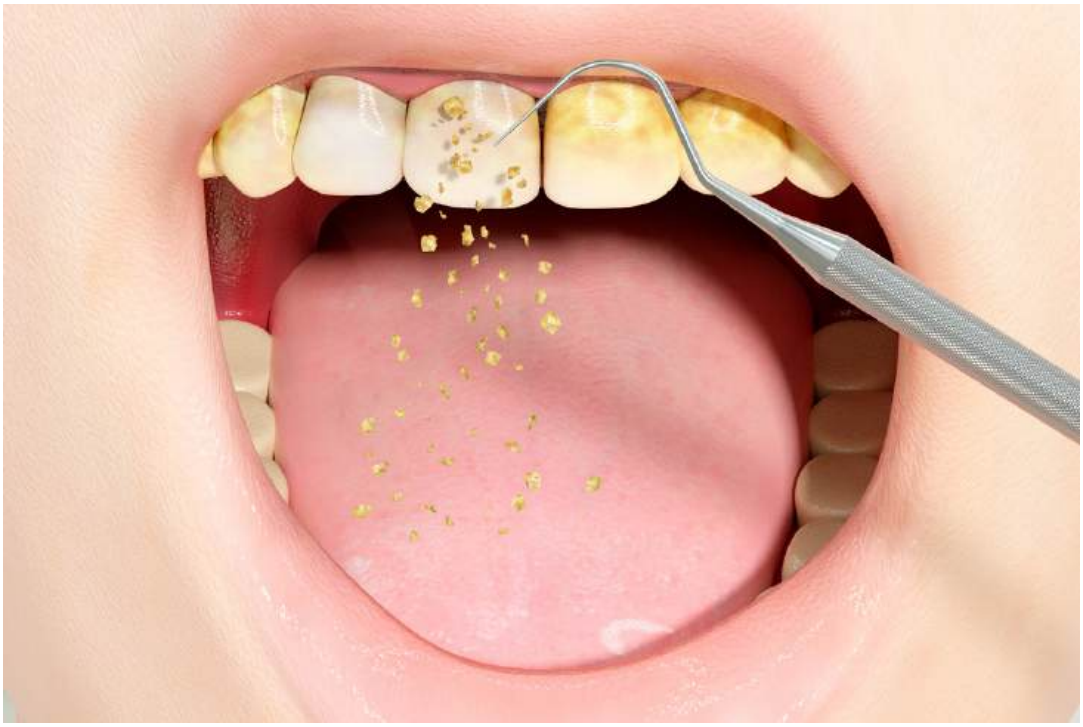


Social Story

I am learning to brush my teeth.



Brushing my teeth helps keep my mouth clean and healthy.



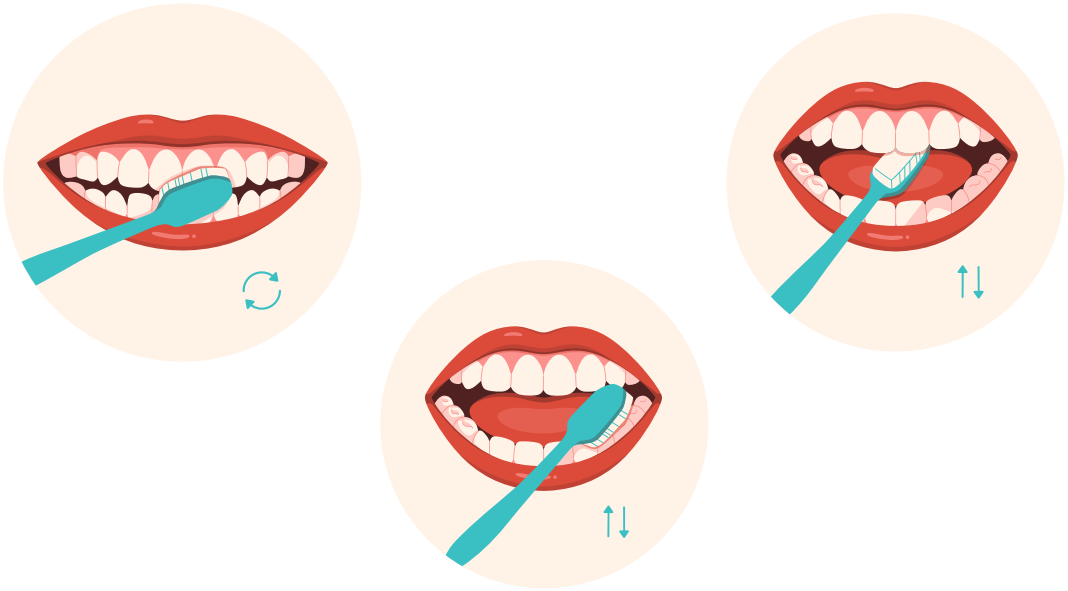
It helps stop germs, food, and sugar from hurting my teeth.

I brush my teeth in the morning and before bed.

That means I do it two times every day.

I go to the sink and put toothpaste on my toothbrush.

I only need a small amount — about the size of a pea.



I brush the front, back, and top of all my teeth.

I move the toothbrush in small circles or gentle strokes.

I try to brush for two minutes.

I can count, use a timer, or listen to a song to help me know when I am done.

I spit the toothpaste out when I finish brushing.

I do not need to rinse — the toothpaste can keep helping my teeth.

Sometimes an adult helps me brush or checks my teeth after I brush.

That is okay. They want to help me keep my teeth strong and clean.

Brushing my teeth can feel tingly or taste minty.

That feeling is normal and goes away quickly.

When I brush my teeth, my mouth feels fresh and healthy.

I am taking good care of myself.

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