

Brushing My Teeth



Brushing my teeth can be so much fun! There are a few things I will use to brush my teeth. I will need: a sink, a toothbrush, toothpaste, water, and a towel.



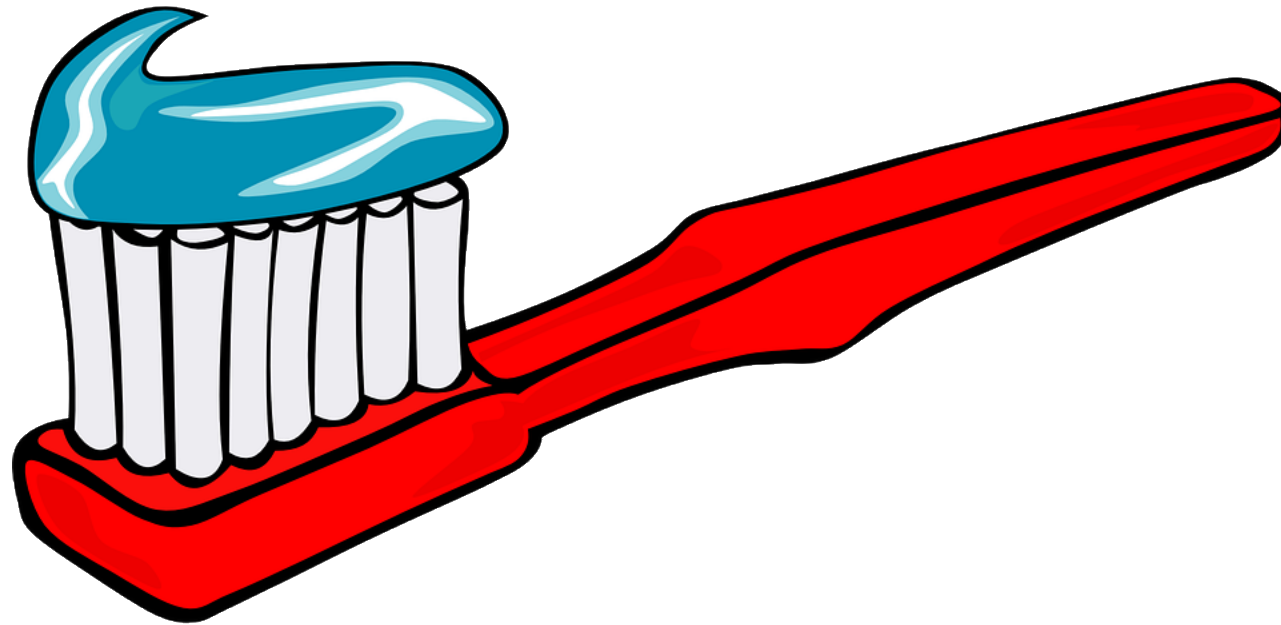
There are some fun toothbrushes that I can choose from!



There are some fun toothpaste that I can choose from too!



When I am brushing my teeth, I will first put some toothpaste on my tooth brush



I will put the toothbrush in my mouth and begin to brush my teeth. I will brush my teeth at the bottom and at the top



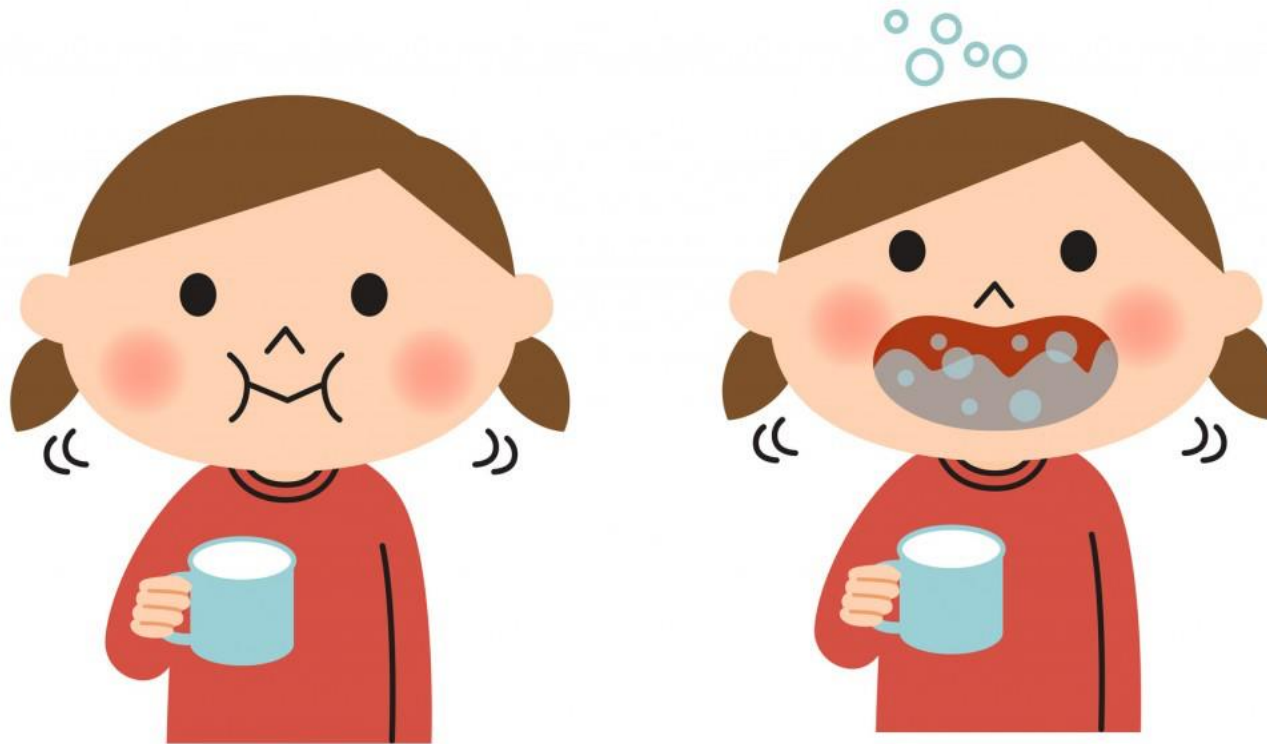
If my mouth becomes too full, I use the sink to spit.



To have healthy teeth, I can brush my teeth for two minutes. I can ask mom or dad or a timer or a fun song to hear.



When I am finish, I can wash the tooth paste off my toothbrush by using the sink. I can also wash the tooth paste off my teeth by using a cup of water.



I can use the towel to wipe off my face or wipe up any water that I may have spilled.



Brushing my teeth helps me to have a healthy and cool smile. When I brush my teeth, I am brushing away all of the germs in my mouth



I can always ask mom or dad for help if I need it. I can also brush my teeth with mom or dad to have more fun. I love to brush my teeth!





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