



I Can Brush My Teeth



Everyone has teeth.

Teeth are important for biting and chewing our food.



We need to brush our teeth to keep them clean and healthy.

If we don't brush our teeth they may get sore.

Then we won't be able to chew our food.



It is important to brush my teeth every day to keep them healthy and clean.

I need to brush my teeth at least twice a day for two minutes and always before I go to bed.



To brush my teeth, I need a toothbrush and toothpaste.









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



I then squeeze toothpaste onto my toothbrush.

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



	<p>Now I can start brushing my teeth.</p> <p>I need to move my brush in little circles.</p>
	<p>I need to make sure I brush every single tooth in my mouth.</p> <p>I need to brush my teeth gently.</p>
	<p>I should also gently brush my tongue because it gets dirty too.</p> <p>My carers can help me make sure that I brush my teeth well.</p>
	<p>When I am done brushing my teeth, I need to spit out the toothpaste into the sink and wipe my face.</p> <p>I make sure I don't rinse my mouth.</p>
	<p>I rinse my toothbrush under the water.</p> <p>It is important to keep my toothbrush clean.</p>
	<p>I can keep my teeth clean all by myself!</p> <p>My carers will be so proud of me for keeping my teeth healthy and clean!</p>