





How To Brush Your Teeth

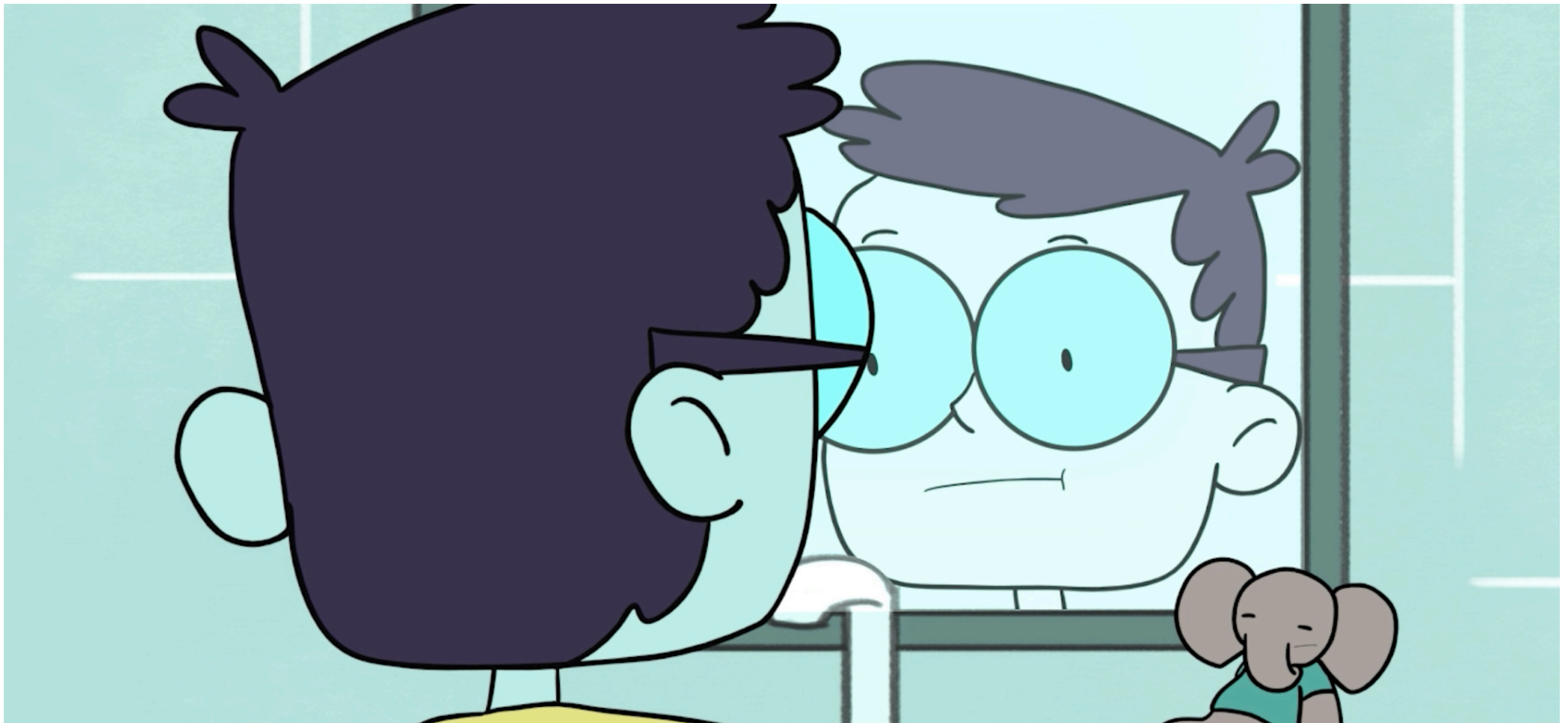
From Autism Behavior Services, Inc.



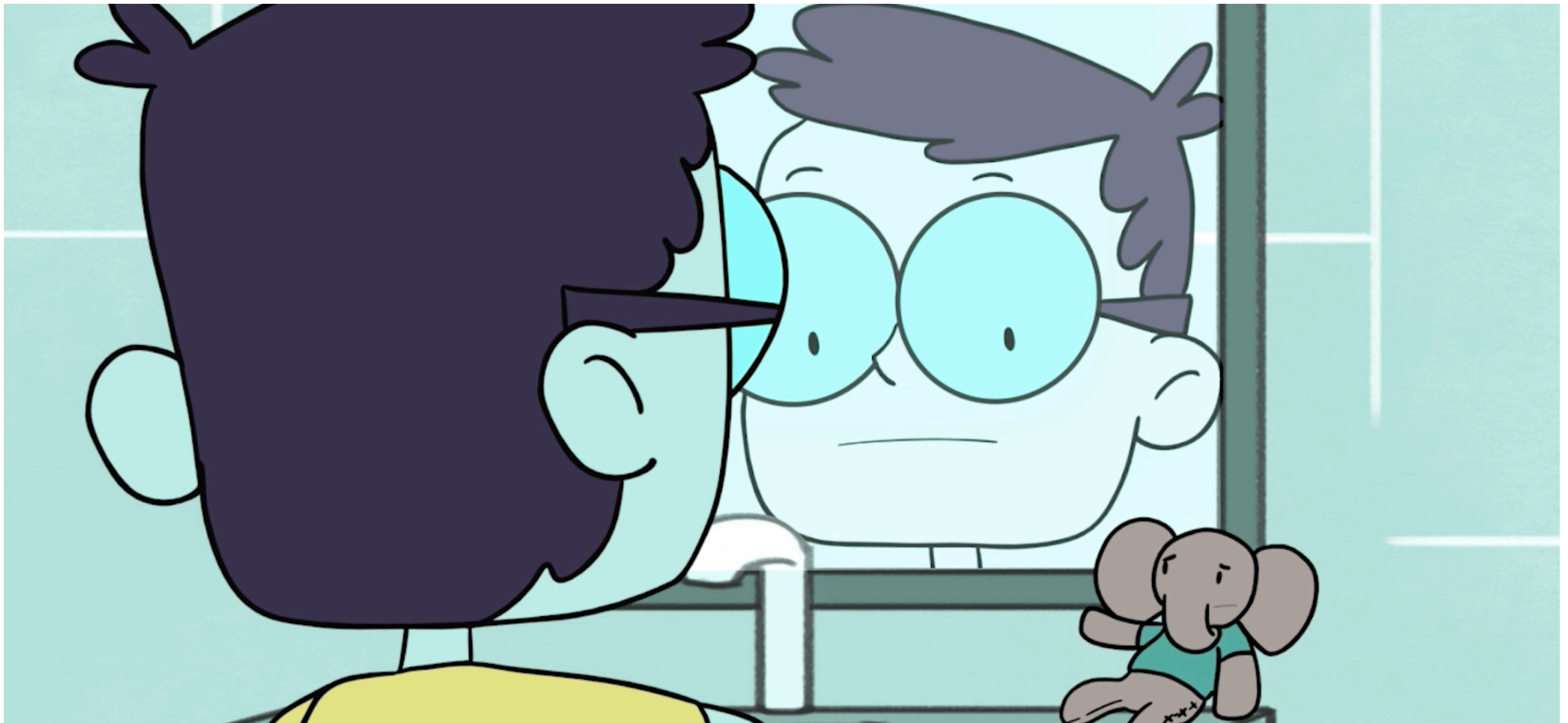
“Remember to brush your teeth before you go to bed?” Toby’s Dad tells him.



“Yes, dad.” Toby replies.



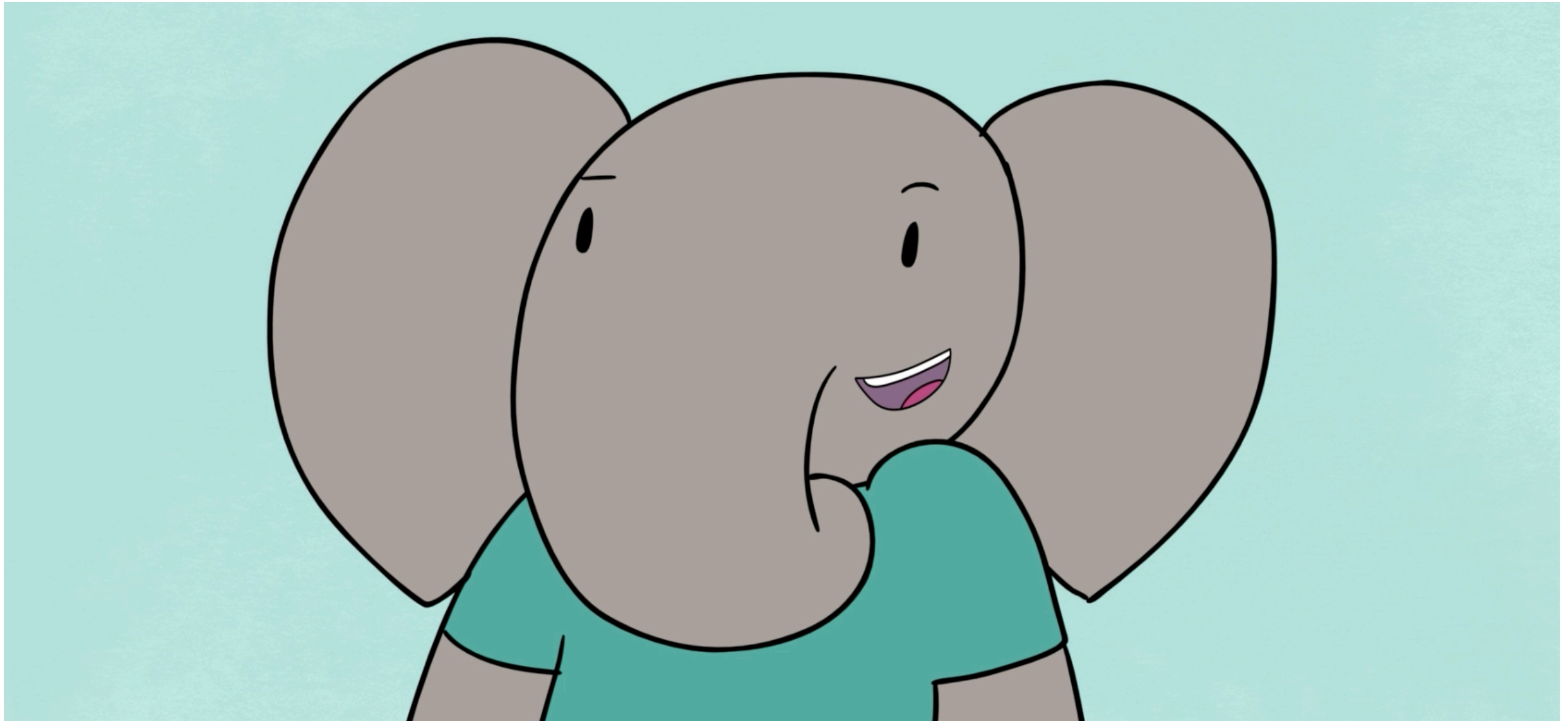
After thinking about it Toby feels his teeth are fine. He decides to skip brushing for the night.



“Your teeth do not look fine!” Rowan the Elephant says. “Look!”



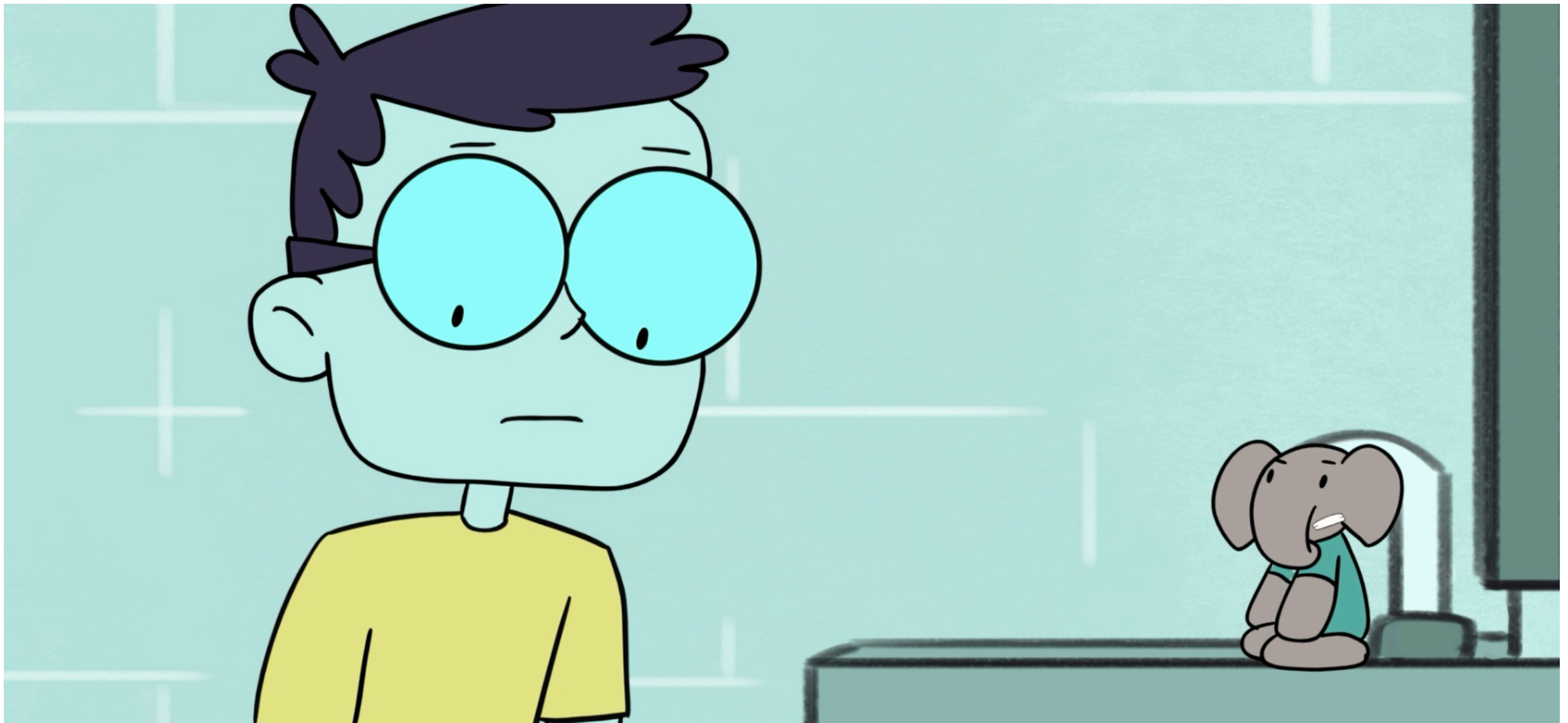
He points to Toby's teeth. They DON'T look fine, do they?



“I’ll teach you how to brush your teeth properly and make it fun!” Rowan states. “Now, how long should you brush your teeth for?”



“Two minutes, twice a day.” Toby says.



“Right!” Rowan states. “And we floss twice a day, too.”

Toby’s face drops when Rowan says that.



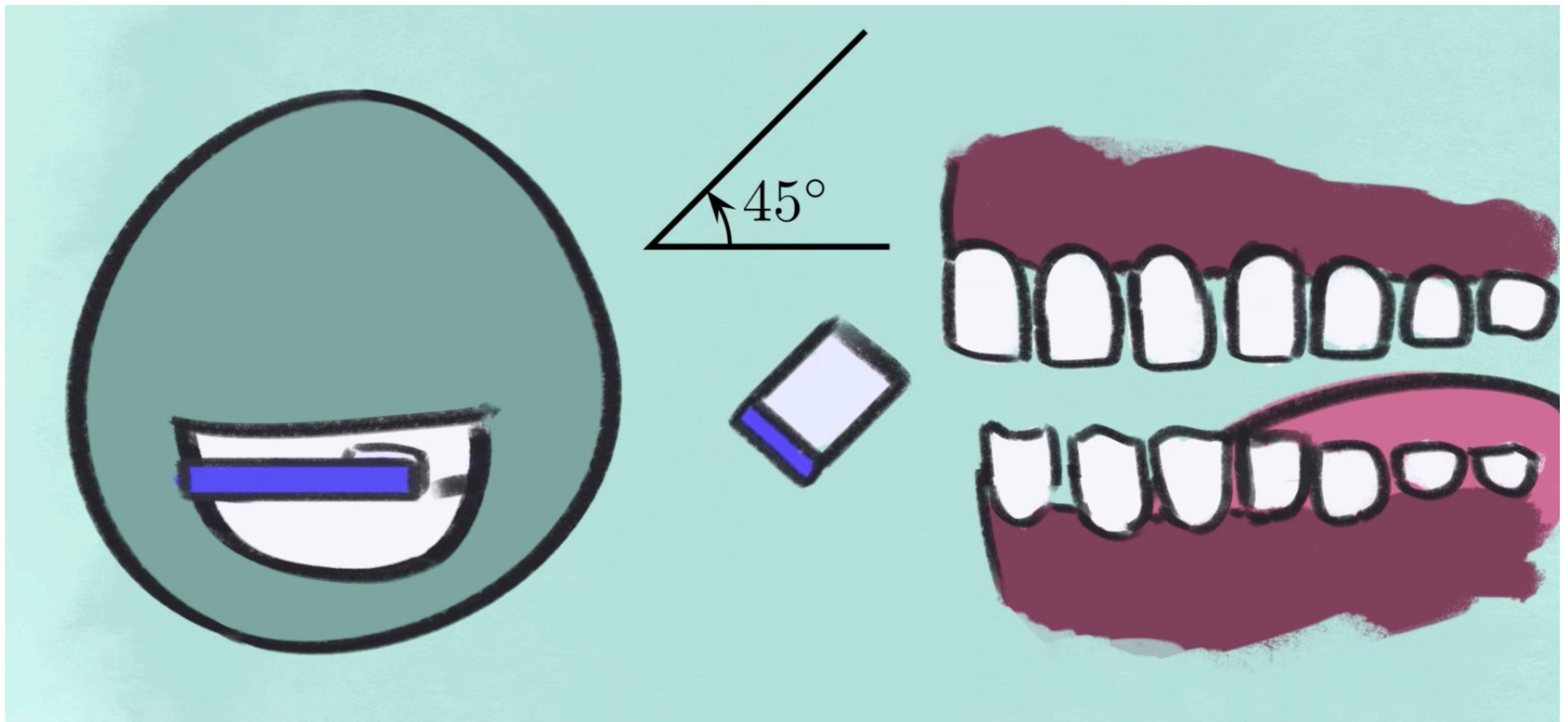
“We can’t forget flossing,” Rowan says. “That’s where all the bad guys like to hang out.”



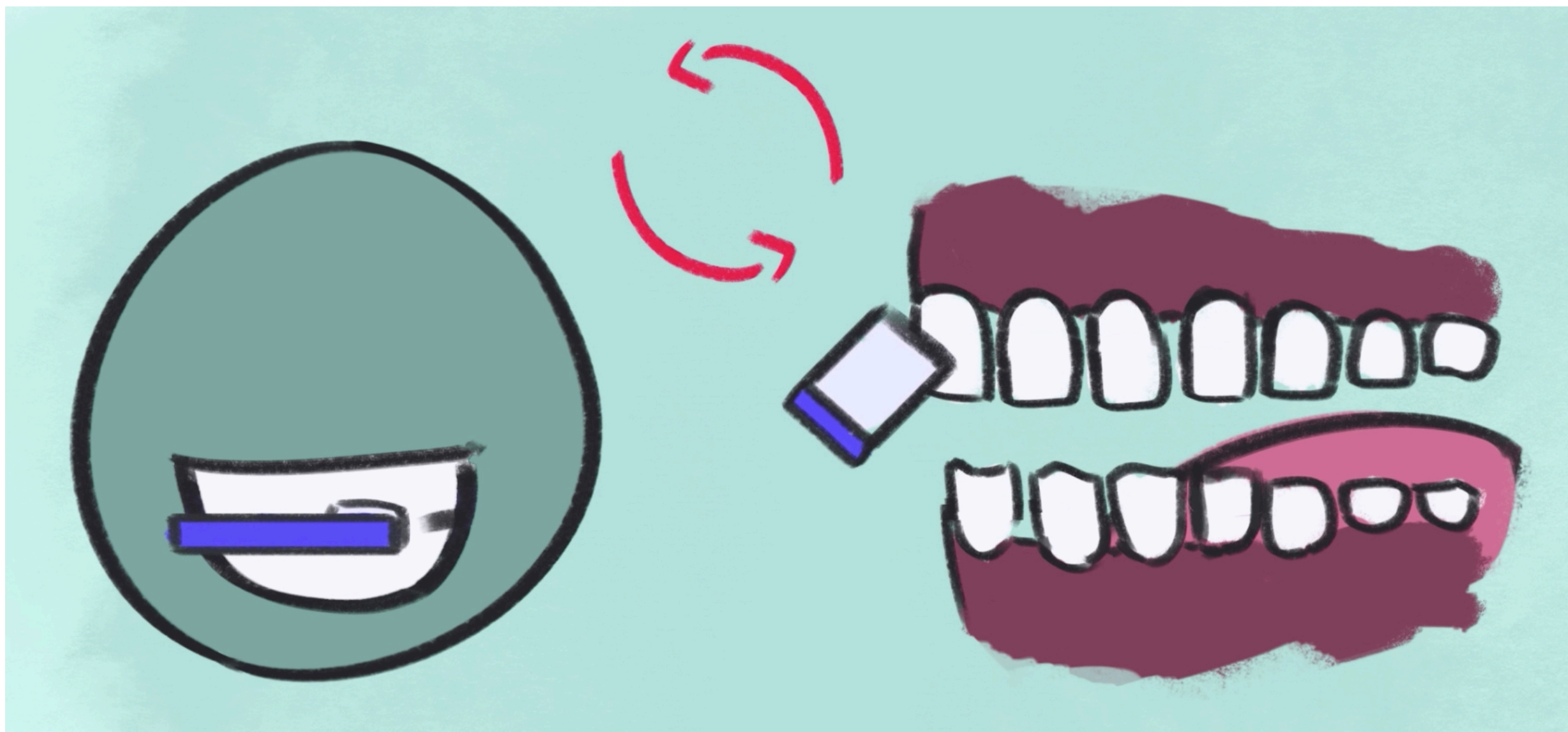
“Always keep a habit of flossing before brushing your teeth.”



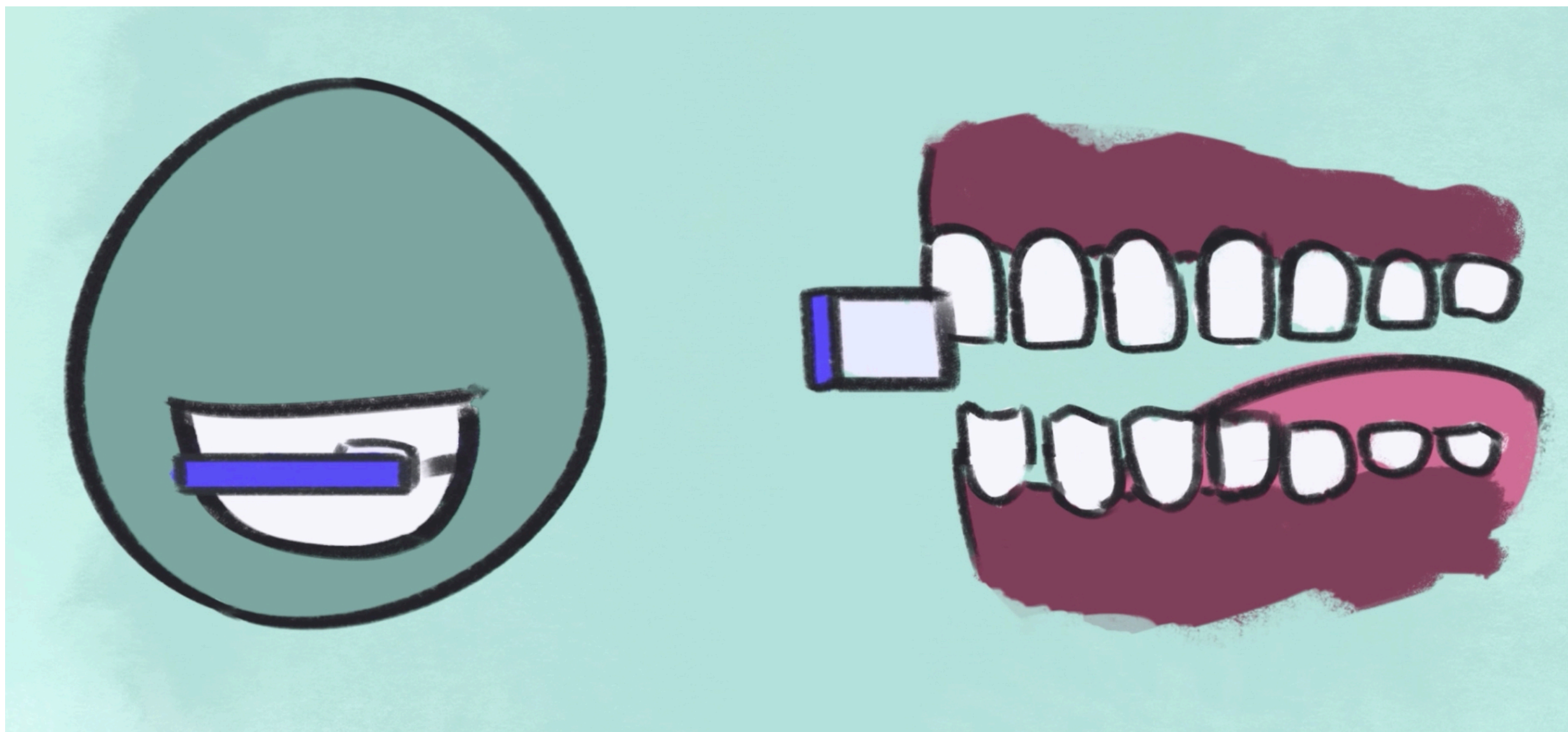
“A pea sized drop of toothpaste is all you need on the head of your toothbrush.”



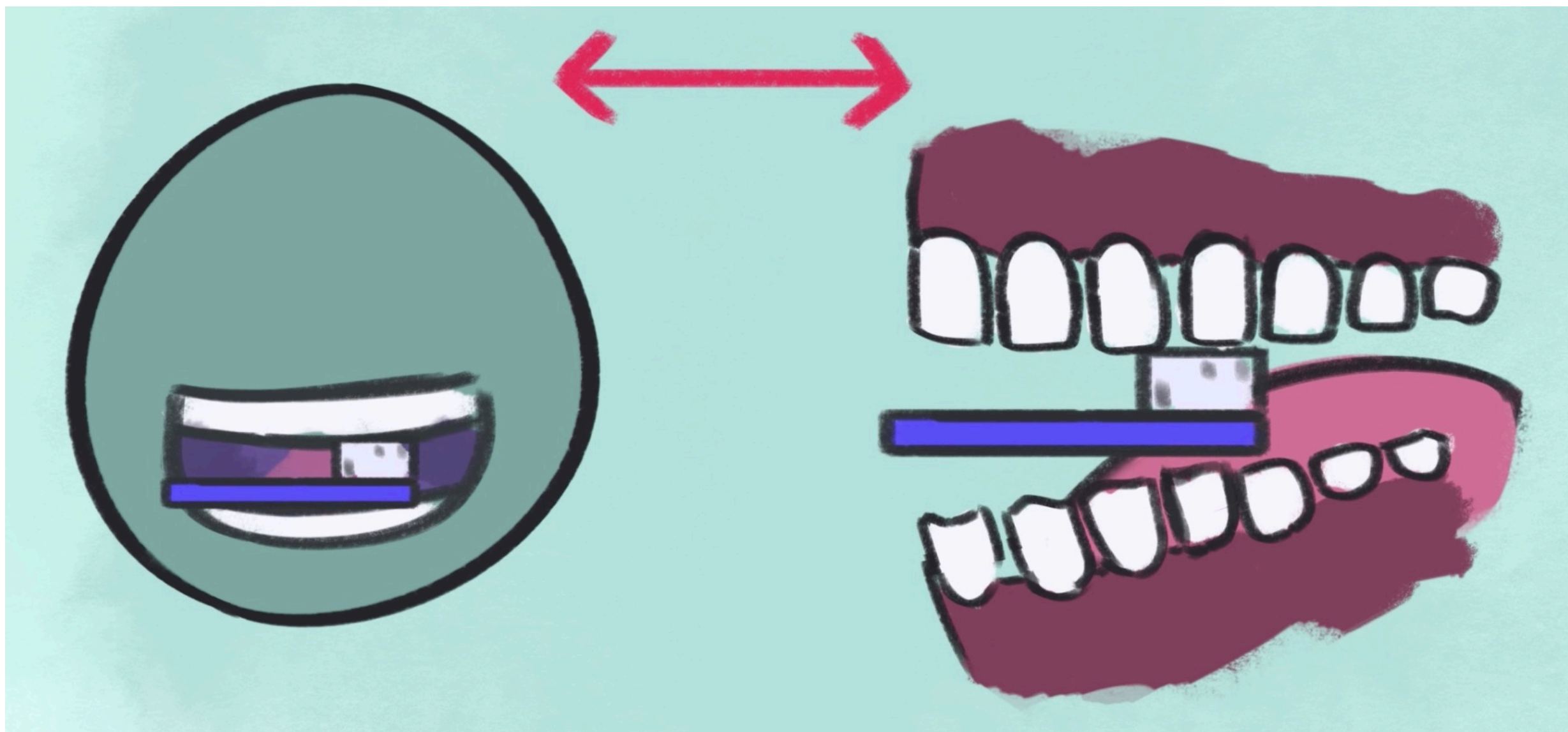
“First, start with the gums,” Rowan says. “Aim the toothbrush at a 45 degree angle to get the most under your gums and teeth.”



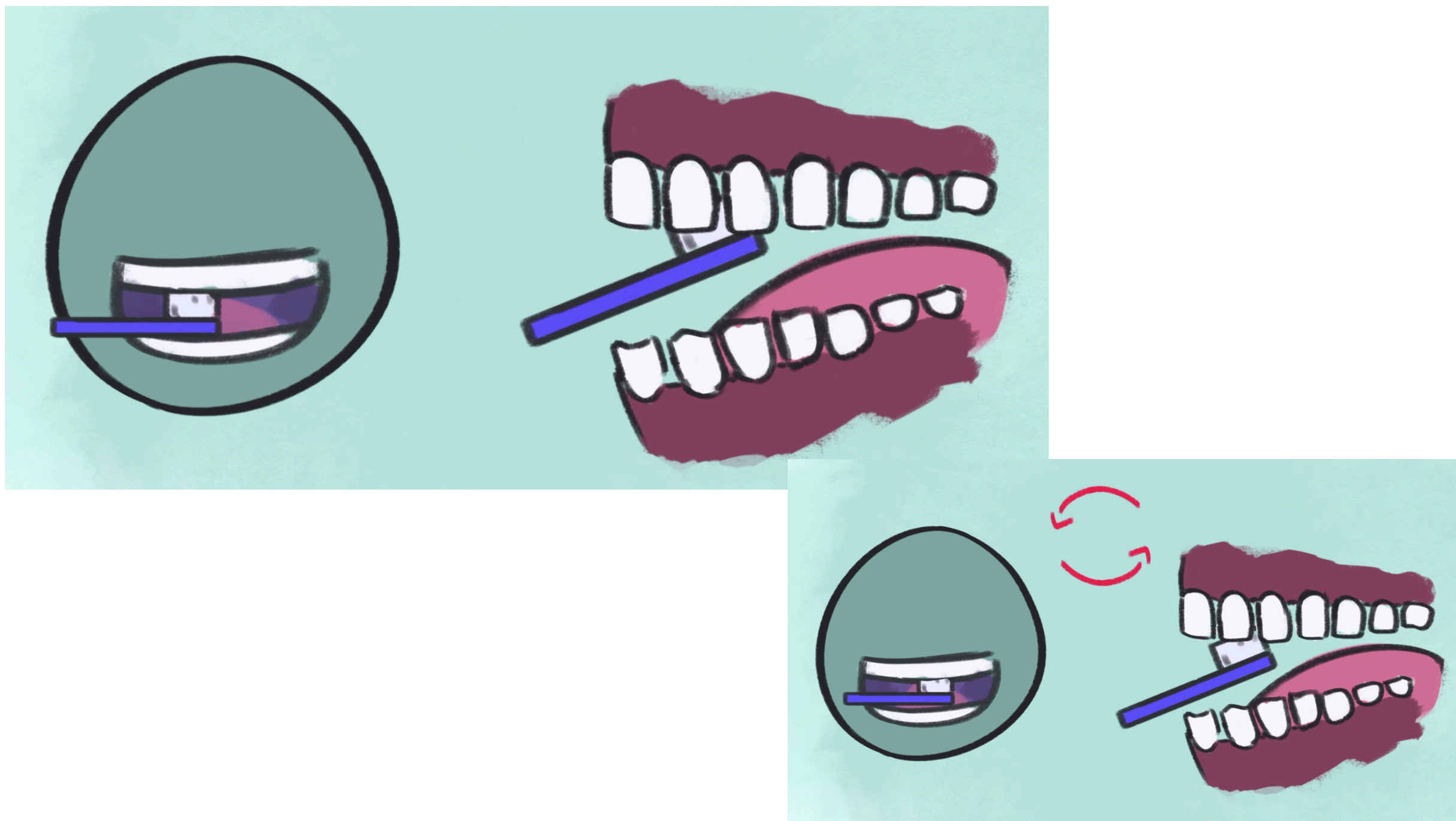
“Circular motions over each tooth is all you need. Make sure to be gentle.”



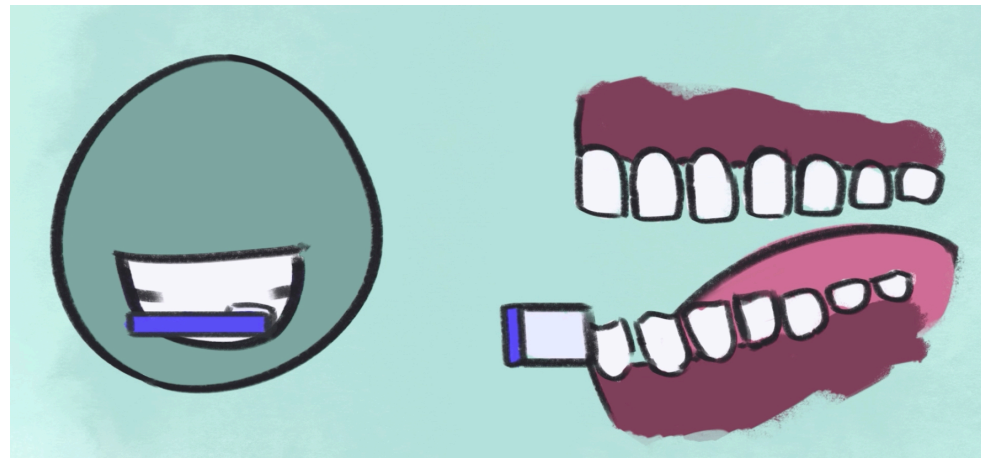
“Next we gently brush the outer parts of our teeth. Again, a circular motion is all you need.”



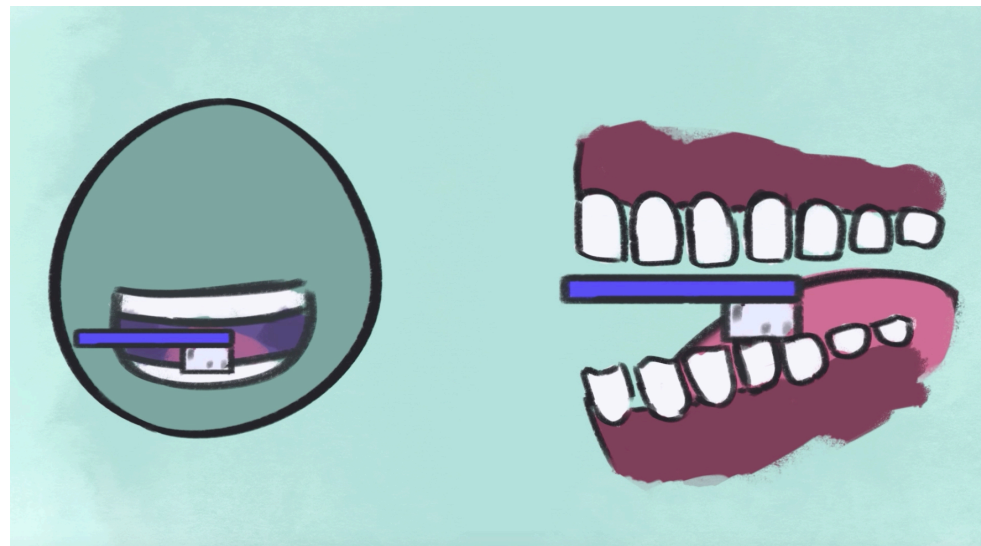
“Moving on to the chewing areas of your teeth, brush this area in a back and forth motion.”



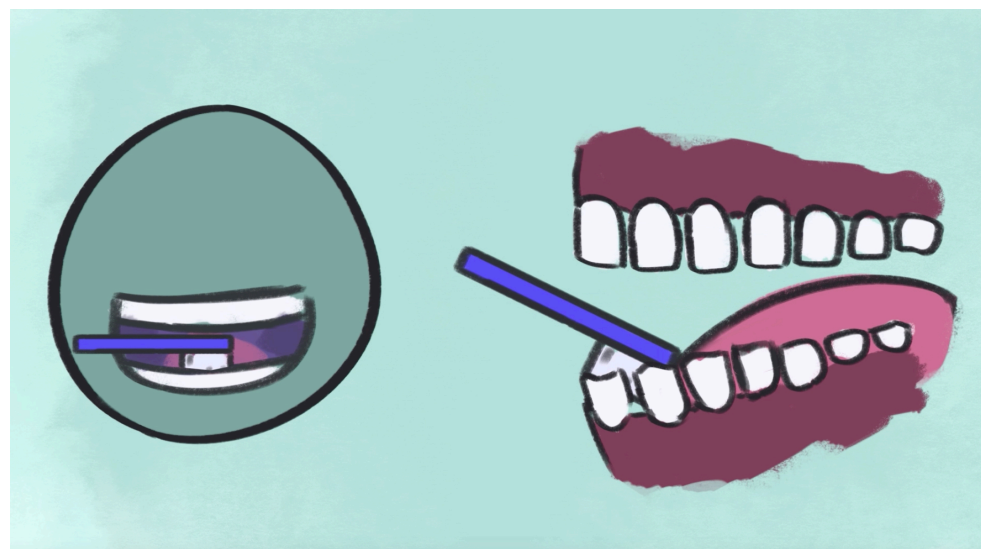
“After this we brush the inside of our teeth. When we do this we go back to circular motions.”



Outer parts

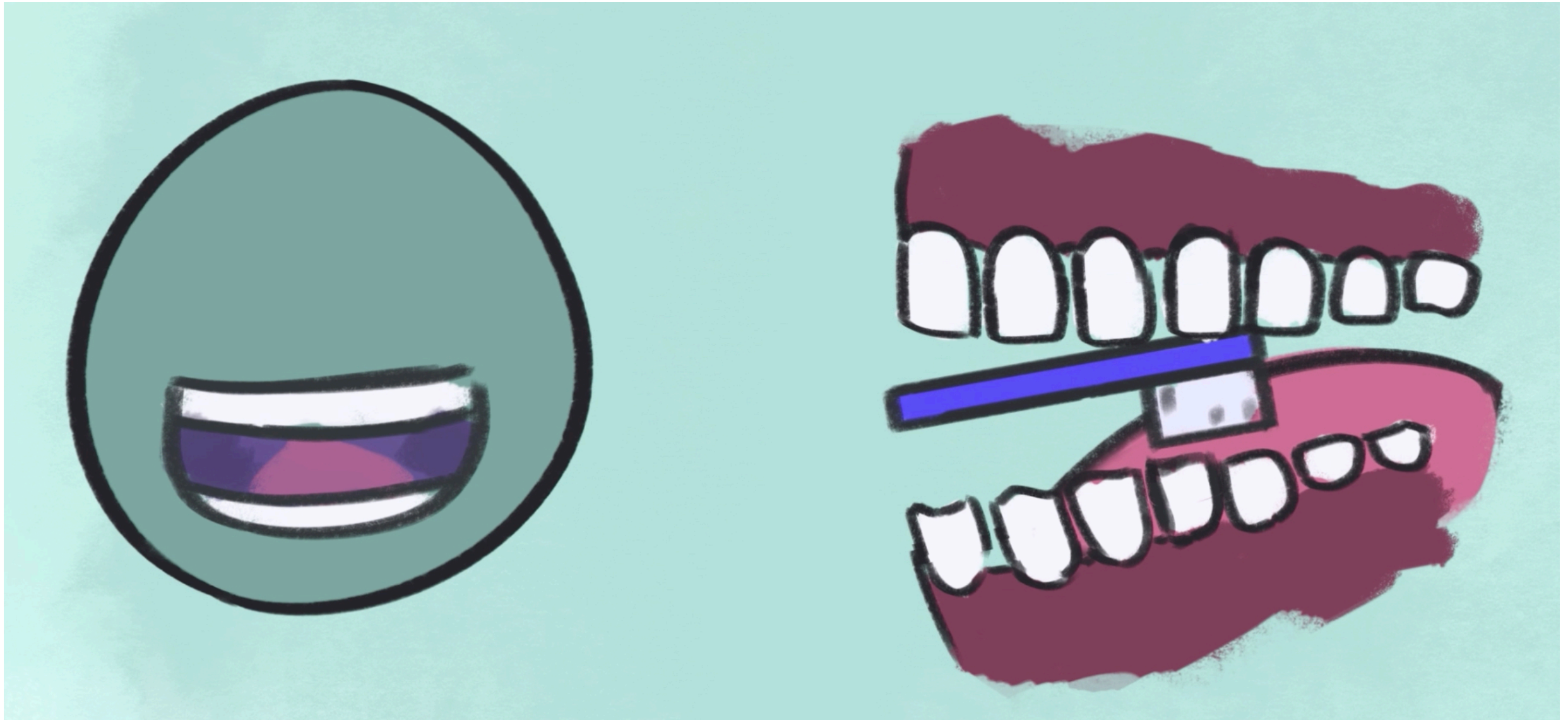


Chewing parts

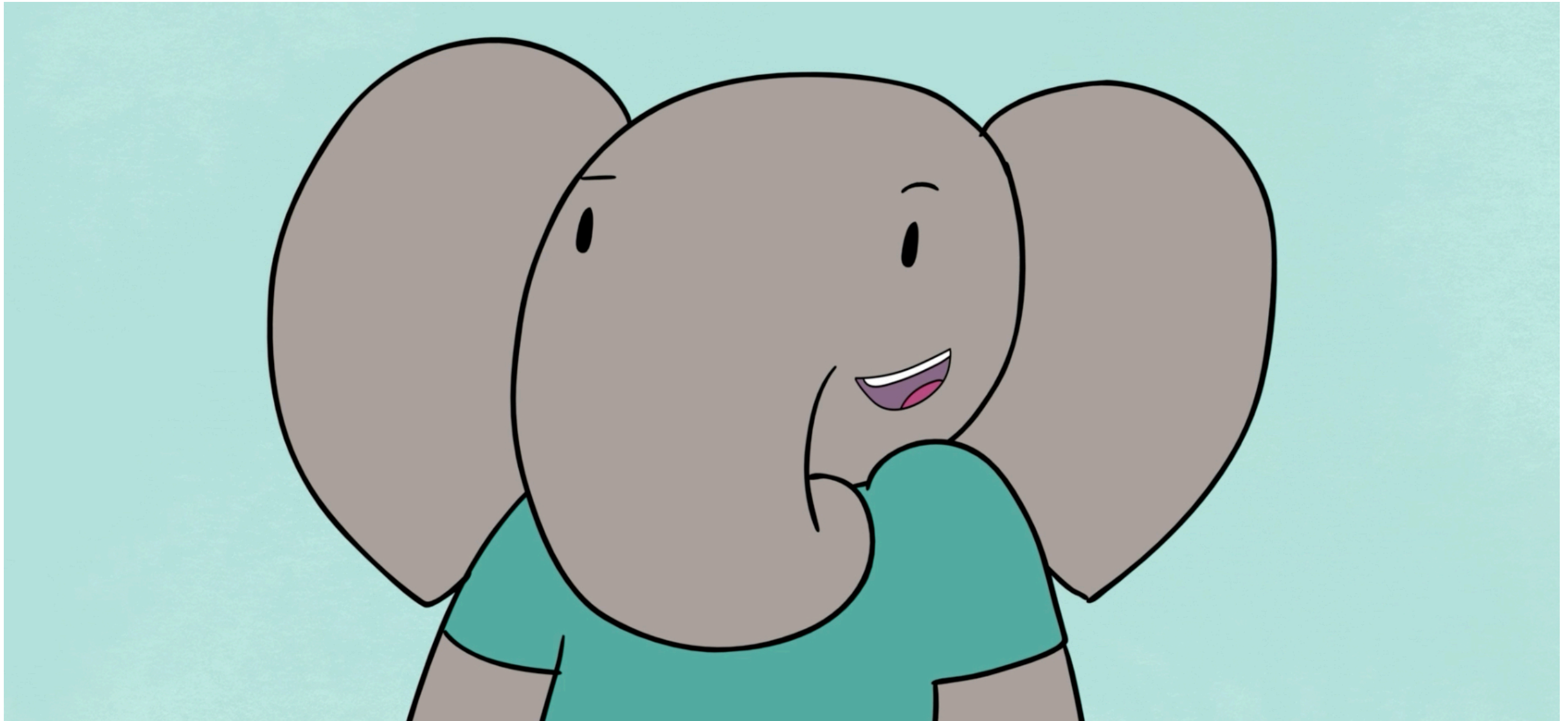


Inner parts

“Next, we repeat those steps on the bottom.”



“Once you’re done with your teeth, don’t forget to brush your tongue. This will help make your breath fresh in the morning.”



“That’s it!” Rowan says, showing his pearly white teeth.



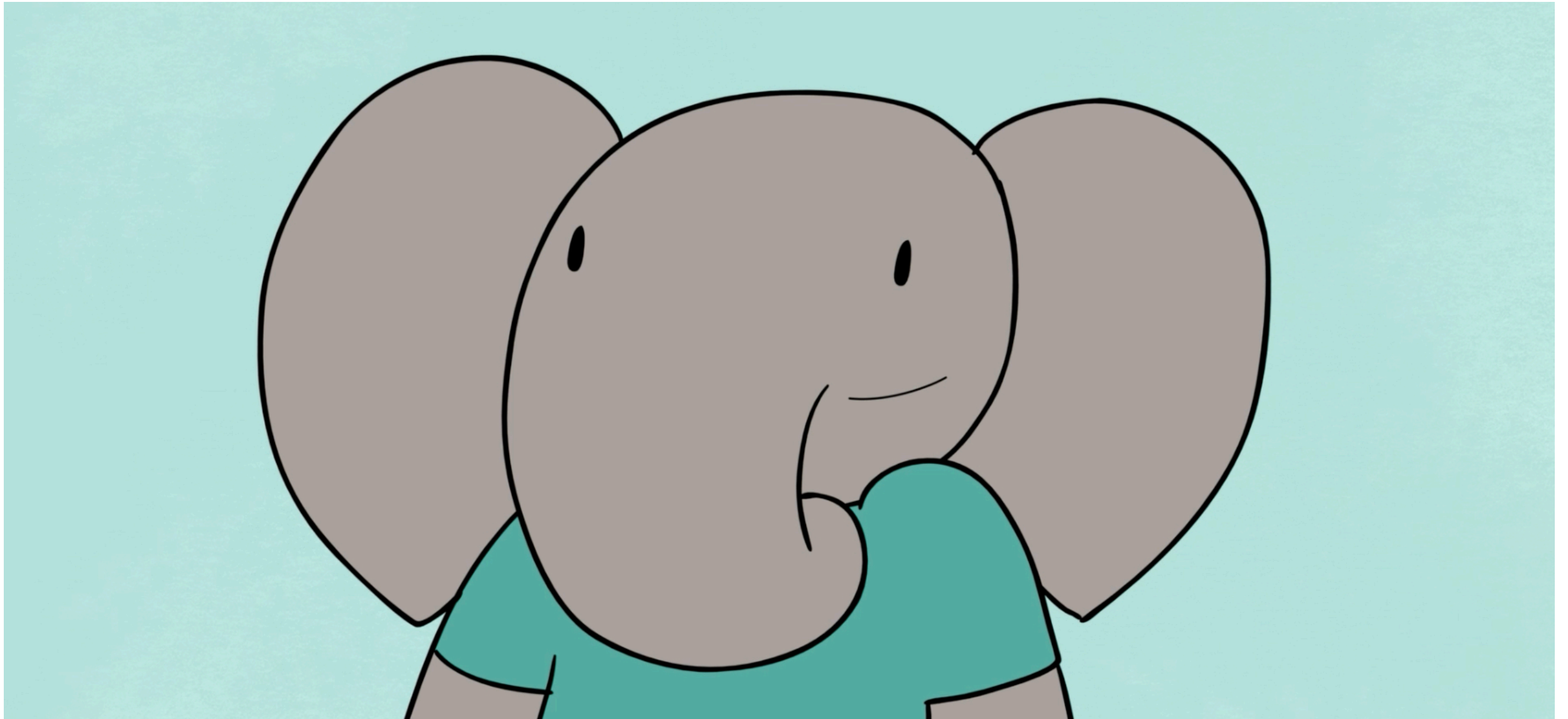
However, brushing for two minutes can feel like a long time.



You can use a timer to help you see how long you have to brush. Or, you can watch a favorite show or listen to music to make it more fun.



Now Toby's teeth look fresh and clean!



Doesn't brushing seem fun and easy?

For More Resources and
Information please visit:

www.autismbehaviorservices.com

For More Information on Autism or
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1-855-581-0100



