

I Brush My Teeth *Example*

I Brush My Teeth



A photo of your child brushing teeth would be placed here.

Photos help your child become interested in reading the story with you.

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The story is written as if your child is talking.



When it is time to go to school and go to bed, I brush my teeth. It keeps me healthy and strong.



Sometimes I might not like the way it feels, but I have to do it every day to keep my body strong.

When I brush my teeth, I know what to do!



I turn on the water



I get my toothbrush



I put my toothbrush under the water



I put toothpaste on my toothbrush



I put my toothbrush on my teeth and brush



I spit out toothpaste in the sink

When I brush my teeth, I know what to do!



I rinse and spit in the sink



I rinse off my toothbrush



I put my toothbrush away



When I brush my teeth, I am healthy and strong. My family feels proud of me when I brush my teeth. I feel proud too!

Change the wording to make it specific to your child.

Example:
My Mom sets a timer for 2 minutes.

A photo of the child's smile, with clean teeth after brushing, will help your child understand the goal.