

Top Tips for Brushing your Teeth

Brushing your teeth can be tricky. There's lots to think about. These tips might help.

It might be easier to sit down to brush your teeth.

Look in the mirror so you can see what you're doing.

Practice without the toothbrush - use a clean finger and practice 'brushing' your teeth. Move your finger in different directions.

Practice using the toothbrush - use an old toothbrush and little bit of paint, and paint in different directions on some paper.

Brush your teeth for at least 2 minutes. That's about 20 seconds for each section. Use a stop watch or a sand timer to help you time it. You could count the brushes.



Think about what you need to do. Write a list:

Sit down in front of the mirror

Squeeze toothpaste onto brush - about a pea-sized amount

Brush top teeth - underneath, behind, in front

Brush bottom teeth - on top, behind, in front

Brush tongue

Spit out

Wash toothbrush



Try making a storyboard.



You could use photos of yourself brushing each section of your teeth to help remember.