

Healthier
Me



I Take Care of Myself



I brush my teeth.

1. When I brush my teeth, I go into a bathroom to get my toothpaste, my toothbrush, and a cup.
2. I turn on the water in the sink and wet the bristles of my toothbrush. Then I turn off the water.
3. I open the toothpaste and squeeze a small amount onto my toothbrush.
4. I open my mouth and put the toothbrush with the toothpaste into my mouth.
5. I brush in small circles along all of my teeth. I brush the outside, inside, top, and bottom of all my teeth. I try not to swallow the toothpaste when I brush my teeth.
6. After I have finished brushing all my teeth, I rinse my mouth with some water and carefully spit what's in my mouth into the sink.
7. When I am done brushing my teeth, I rinse my toothbrush under the water to clean it.

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