

# Brushing teeth

When I wake up I go to the bathroom to brush my teeth



I also brush my teeth before I go to bed



I brush my teeth to keep them clean and healthy



I take the cap off my toothpaste



I put the toothpaste on my toothbrush



I brush the front and back of all my teeth



I will use a timer to make sure I brush my teeth long enough



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The toothbrush may feel pokey or strange



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But it will be okay



I clean the toothbrush and put it away



Sometimes it can be hard to brush my teeth



But I can ask mom or dad for help



When I wake up I will go to the bathroom to \_\_\_\_\_ my teeth.



I will brush my teeth until the \_\_\_\_\_ runs out.

