

Brushing teeth can be a challenging routine for many families. This visual schedule will help your child learn the steps of brushing their teeth and support them as they gain independence with this routine.

> Cut out the images from the next page and Velcro or tape them to the corresponding square on the left (page 3).

As your child completes a step, have them move it to the sqaure on the right labeled "all done." This will help your child visually monitor their progress as they brush their teeth.

Provide positive descriptive feedback and other positive attention frequently as your child completes each step.



For more information on using a visual schedule and other visual schedules, click <u>here</u>.



Brushing teeth



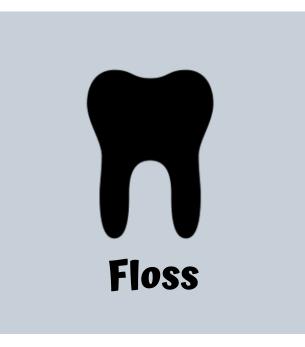




Setting a timer on your phone can help your child understand how long they are expected to brush.

Brush teeth

Image: Constrained stateSpit & Rinse



You can also use a kitchen timer or a free visual timer app like <u>this one</u>.

I can brush my teeth.

