



Making a Visual

Brushing Teeth



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.

1

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

2

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

3

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 [here](#).



Brushing teeth



Wet toothbrush



**Put toothpaste
on toothbrush**



Brush teeth



Spit & Rinse



Floss

Setting a timer on your phone can help your child understand how long they are expected to brush. You can also use a kitchen timer or a free visual timer app like [this one](#).

I can brush my teeth.

Place step one
here

All done



Place step two
here

All done



Place step three
here

All done



Place step four
here

All done



Place step five
here

All done

