



Autism Society
of North Carolina

How to brush your teeth

1. Get toothbrush



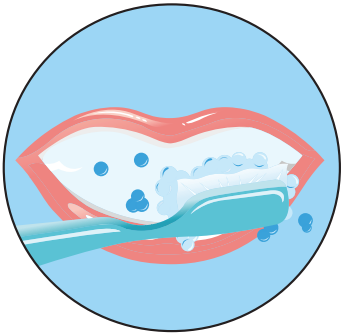
2. Toothpaste on



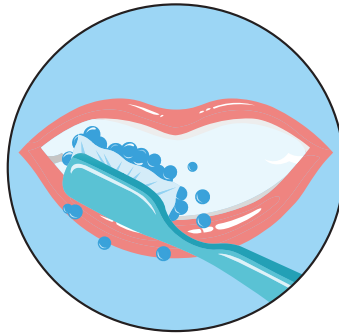
3. Water on



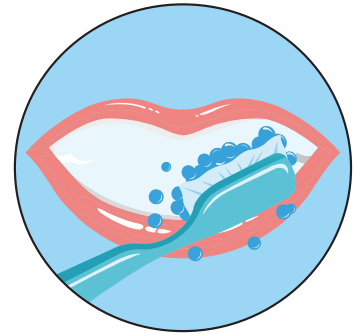
4. Brush front teeth



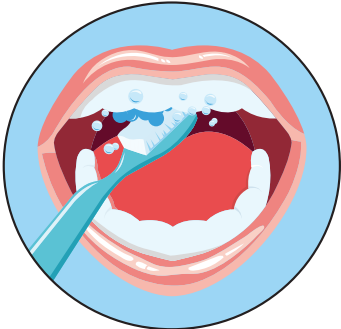
5. Brush side teeth (left)



6. Brush side teeth (right)



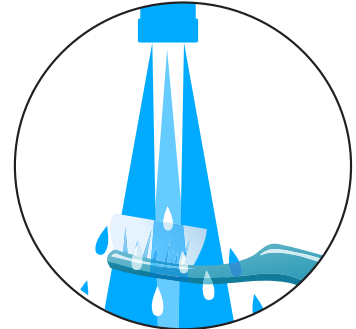
7. Brush back



8. Spit



9. Rinse toothbrush



10. Water off



11. Wipe mouth





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How to brush your teeth



1. Get toothbrush



2. Toothpaste on



3. Water on



4. Brush teeth for
2 minutes



5. Spit



6. Rinse toothbrush



7. Water off



8. Wipe mouth