

Brushing Teeth — my plan

STEP 1



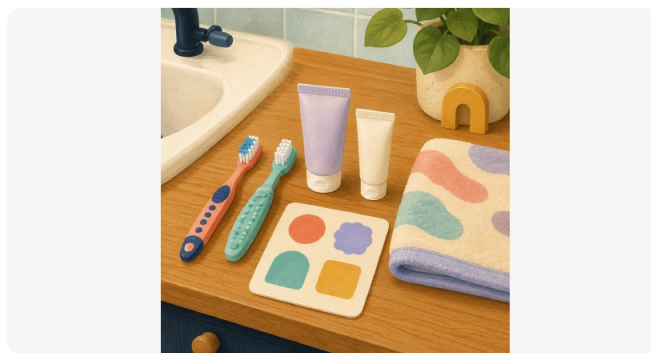
Make the space easier

Lower noise, glare, smell and time pressure.



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STEP 2



Explore the tools

Offer toothbrush, toothpaste and position choices.



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STEP 3



Practise tiny steps

Touch, hold, taste or brush one area—without forcing.



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STEP 4



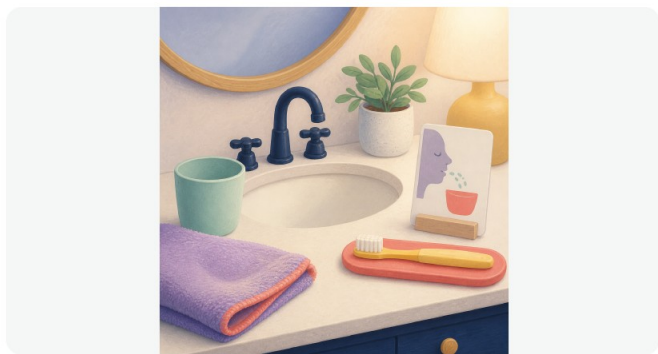
Brush with support

Use the child's preferred position and familiar cue.



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STEP 5



Spit and finish

Keep the ending predictable; follow current dental advice.



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STEP 6



Notice pain

Record patterns and ask a dental professional for help.



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