

# Brushing my teeth



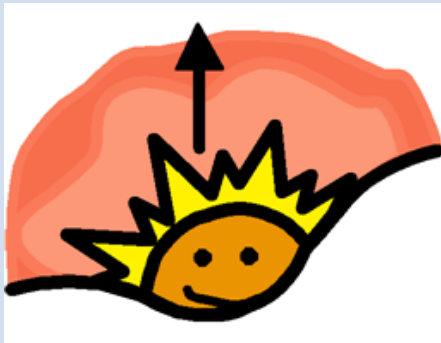
# Brushing my teeth



Everyone has teeth. Teeth are important for biting and chewing our food. We need to brush our teeth to keep them clean and healthy.

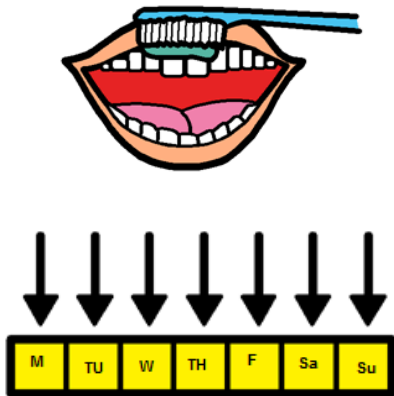


If we don't brush our teeth they may get sore. Then we won't be able to chew our food.

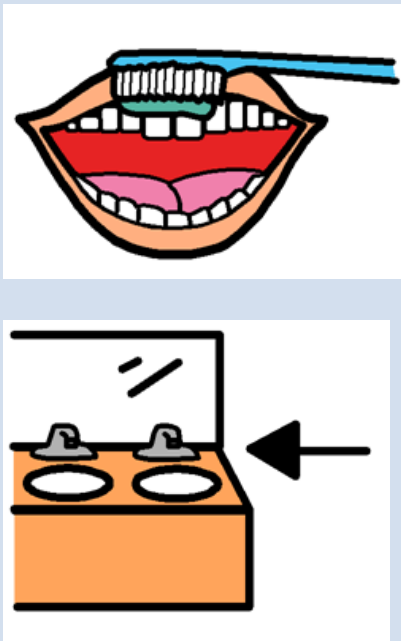


People clean their teeth in the morning after breakfast and in the evening before they go to bed.

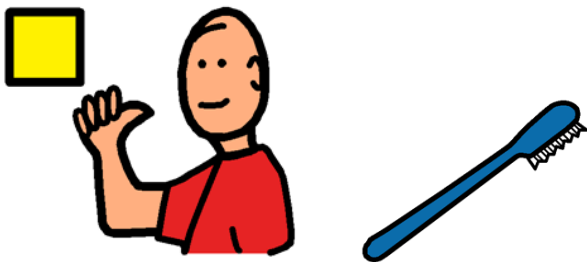
# Brushing my teeth



I will try to brush my teeth everyday.

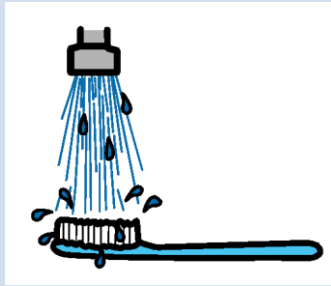


I brush my teeth in the bathroom in the sink

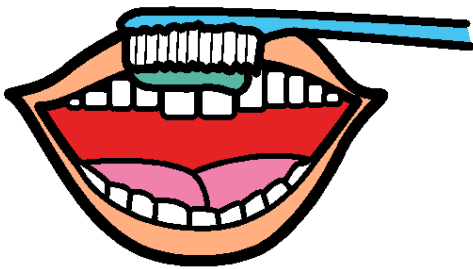


I only use my toothbrush to clean my teeth

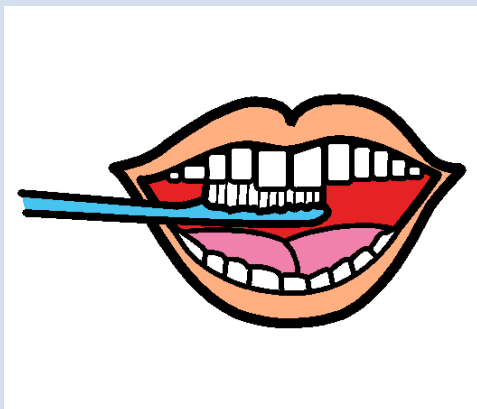
# Brushing my teeth



This is how I brush my teeth.  
I wet my tooth brush and then I put  
toothpaste on.

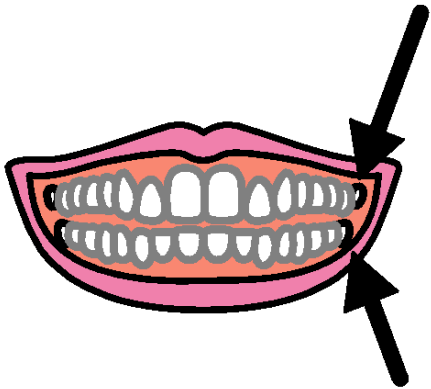


When I brush my teeth I will try to  
brush my teeth at the front.

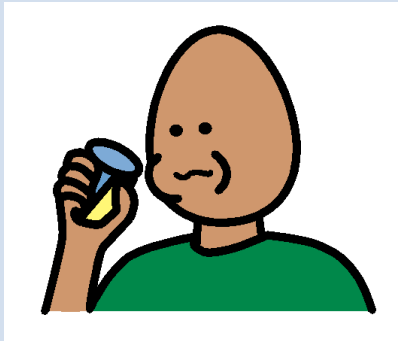
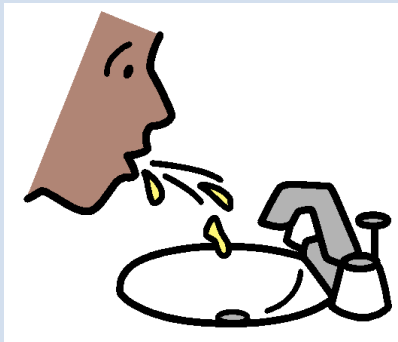


I will try to brush the back of my  
teeth

# Brushing my teeth



I will I brush my teeth at the side and the back of my mouth.



Then I can spit out the toothpaste and wash my mouth with water.



I have done a great job of cleaning my teeth. My teeth will be healthy and strong.