

Brushing My Teeth

A free printable social story for ages 3-7

Tooth brushing is a twice-daily flashpoint in many homes, especially for children with oral sensory sensitivities. This story breaks the routine into small, predictable steps and normalizes the tickly feelings that put kids off. Pair it with a visual chart by the sink and a two-minute timer or song.

I brush my teeth in the morning and before bed.

Brushing keeps my teeth clean and my breath fresh.

Tiny bits of food can stick to my teeth. Brushing sweeps them away.

First, I put a small dab of toothpaste on my toothbrush.

The toothpaste might taste minty or fruity.

I brush the front teeth, the back teeth, and the chewing parts.

I brush gently in little circles.

A timer or a song can help me brush long enough.

The brush might feel tickly on my gums. Soft, slow strokes can help.

When I finish, I spit into the sink.

Then I rinse my toothbrush and put it away.

My teeth feel smooth when I slide my tongue across them.

Brushing my teeth is one way I take care of my body.

Tips for Reading This Story Together

- Let your child choose the brush and paste; flavor and bristle softness are make-or-break for sensory-sensitive kids.
- Use the same two-minute song every time so the end point is predictable and non-negotiable feels less personal.
- Try brushing side by side at the mirror so your child can copy your movements section by section.
- If gagging or taste is the issue, start with a non-foaming or unflavored toothpaste and build up slowly.

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