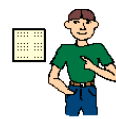
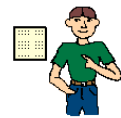


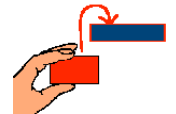
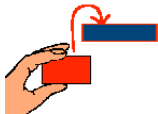
Brushing My Teeth



I need to brush my teeth. I



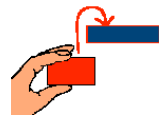
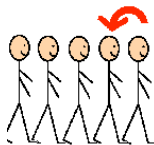
will get my toothbrush wet. Then I will



put toothpaste on it. I will try to put



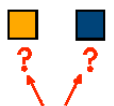
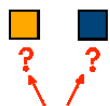
only enough to cover the top of the toothbrush.








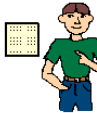
Next, I will put the toothbrush in





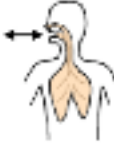












my mouth. The toothpaste might taste like mint





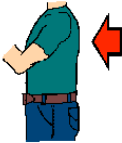





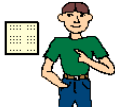



or fruit. The toothpaste might feel squishy or







     
gritty. That is OK. The toothpaste cleans my







       
teeth and makes my breath smell nice. I







      
will move the brush up and down on each

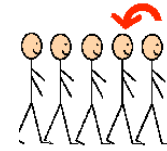
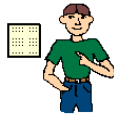
     
tooth. I will try to move the brush back and

     
forth on my teeth too. I will brush the

     
outside of my teeth. I will brush the tops

     
of my teeth. I will brush the inside of my

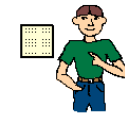
     
teeth. I will also brush my tongue gently.



I will rinse my mouth next. I



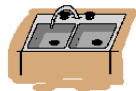
will take a cup of water and take a small



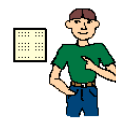
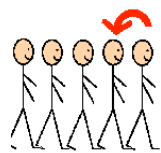
sip. I will hold the water in my mouth



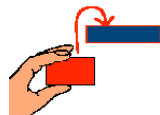
and swish it around. I will spit it



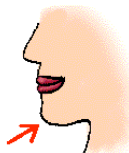
into the sink.



Next, I will rinse my toothbrush



with water and put it away. I will dry



my lips and chin.



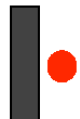
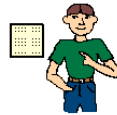
I will have clean teeth and fresh



breath. I will be happy that I have a



clean mouth. My mom and dad will be proud



when I can brush my teeth all by



myself.