

VISUAL SEQUENCE FOR BRUSHING TEETH

Latest Edition

Visual sequence for brushing teeth is an essential aspect of maintaining optimal oral hygiene. A clear, well-structured visual guide ensures that individuals, regardless of age or experience, can efficiently and effectively clean their teeth. Proper brushing not only prevents cavities, plaque buildup, and gum disease but also contributes to fresh breath and a brighter smile. In this comprehensive guide, we will explore the detailed steps involved in the visual sequence for brushing teeth, emphasizing the importance of each phase and providing tips to maximize the benefits of your oral care routine.

Understanding the Importance of a Visual Sequence for Brushing Teeth

Why a Structured Visual Sequence Matters

A systematic visual sequence helps in:

- Ensuring all areas of the mouth are thoroughly cleaned
- Preventing missed spots that can harbor bacteria
- Promoting consistency in daily oral hygiene practices
- Educating children and beginners on proper technique
- Making the brushing process more engaging and efficient

The Role of Visual Cues in Oral Hygiene

Visual cues?such as diagrams, videos, or real-time demonstrations?serve as effective tools for:

- Clarifying complex movements
- Reinforcing correct brushing patterns
- Enhancing muscle memory for better technique
- Building confidence in self-care routines

Step-by-Step Visual Sequence for Brushing Teeth

A comprehensive brushing routine involves multiple stages, each with specific actions. Below is an

organized sequence accompanied by detailed descriptions to guide you through each phase.

Preparation Phase

Before initiating the brushing process:

- **Select the Right Tools:** Use a soft-bristled toothbrush suited to your mouth size, and fluoride toothpaste.
- **Wash Hands:** Ensure clean hands to prevent bacterial transfer.
- **Rinse the Toothbrush:** Rinse with water to remove any dust or debris.

Initial Rinse and Mouth Preparation

- Rinse your mouth with water or mouthwash to loosen debris.
- Remove any food particles that may interfere with brushing.

Brushing Sequence

The following steps should be performed systematically to cover all surfaces:

1. Outer Surfaces of Upper Teeth

- Position the toothbrush at a 45-degree angle to the gum line.
- Use gentle circular or vibratory motions.
- Cover each tooth individually or in small sections.
- Duration: about 10-15 seconds per quadrant.

2. Outer Surfaces of Lower Teeth

- Repeat the same technique as upper teeth.
- Ensure the gum line is thoroughly cleaned.

3. Inner Surfaces of Upper Teeth

- Tilt the brush vertically and use gentle up-and-down strokes.
- Focus on the inside surfaces near the tongue.

4. Inner Surfaces of Lower Teeth

- Repeat the vertical brushing technique.
- Be cautious near the tongue and soft palate.

5. Chewing Surfaces of All Teeth

- Use the flat side of the toothbrush to scrub the biting surfaces.
- Use back-and-forth motions.

6. Tongue and Roof of Mouth

- Gently brush the tongue to remove bacteria and freshen breath.
- Clean the roof of the mouth similarly.

Special Considerations

- For braces, implants, or dental appliances, follow specific cleaning instructions.
- Use interdental brushes or floss for between teeth cleaning.

Visual Aids and Demonstrations

Diagrams and Infographics

- Use diagrams showing the mouth divided into quadrants.
- Indicate the direction of brush strokes and angles.

Videos and Tutorials

- Short videos demonstrating each step help visualize proper technique.
- Animated sequences can highlight the correct pressure and movement.

Real-Life Demonstrations

- Encourage using a mirror to observe technique.
- Practice in front of a mirror to ensure proper coverage.

Tips for Effective Visual Brushing

- **Use a Timer:** Brush for at least 2 minutes to ensure thorough cleaning.
- **Maintain Proper Technique:** Gentle pressure prevents gum damage.
- **Focus on All Areas:** Don't neglect the back molars and gum line.
- **Replace Your Toothbrush Regularly:** Every 3-4 months or when bristles fray.
- **Seek Professional Guidance:** Regular dental check-ups help refine your technique.

Creating a Consistent Visual Routine

Developing a Visual Schedule

- Incorporate visual cues like checklists or posters in the bathroom.
- Use color-coded diagrams for different mouth sections.
- Set reminders or alarms to maintain consistency.

Engaging Children and Beginners

- Use fun toothbrushes with characters.
- Employ interactive apps that provide visual feedback.
- Turn brushing into a game with visual progress trackers.

Common Mistakes to Avoid in Visual Brushing

- Brushing too hard, causing gum irritation.
- Missing hard-to-reach areas.
- Not brushing long enough.
- Rushing through the routine without attention to detail.
- Using a worn-out toothbrush that impairs effective cleaning.

Conclusion: Emphasizing the Power of Visuals in Oral Hygiene

A well-organized visual sequence for brushing teeth is a powerful tool that enhances understanding, technique, and consistency. Whether through diagrams, videos, or real-time demonstrations, visual

aids make the process accessible and manageable for everyone. By integrating these visual strategies into your daily routine, you can ensure comprehensive cleaning, promote better oral health, and achieve a confident smile. Remember, the key lies in systematic practice, attention to detail, and regular reinforcement through visual cues.

Maintaining good oral hygiene is a lifelong commitment, and mastering the visual sequence for brushing teeth is a foundational step that paves the way for a healthy, beautiful smile.

Visual sequence for brushing teeth is an essential component of maintaining proper oral hygiene, especially when it comes to educating children, dental students, or individuals with special needs. A clear, well-structured visual sequence not only ensures that the brushing process is effective but also helps in establishing consistent habits. In this comprehensive guide, we will explore the importance of a visual sequence for brushing teeth, dissect each step in detail, and offer practical tips for creating engaging and educational visuals that promote optimal oral care.

The Importance of a Visual Sequence for Brushing Teeth

A visual sequence acts as a roadmap, guiding individuals through the correct brushing technique. It simplifies complex tasks into easy-to-understand steps, making it invaluable in various contexts:

- Educational Settings: Schools and dental clinics often use visual sequences to teach children proper brushing habits.
- Patient Instruction: Dentists use visual aids to demonstrate correct techniques, especially for patients with limited dexterity.
- Behavioral Reinforcement: Visual cues help reinforce routines, making it easier to develop consistent habits.
- Accessibility: For non-verbal individuals or those with cognitive impairments, visual sequences provide a clear and accessible method to understand and perform oral hygiene tasks.

Developing a comprehensive visual sequence involves identifying each critical step in the brushing process, illustrating it clearly, and ensuring the visuals are engaging and easy to interpret.

Key Components of an Effective Visual Sequence for Brushing Teeth

- Preparation Stage

Objective: Prepare the necessary tools and environment for effective brushing.

Visuals to include:

- A toothbrush with toothpaste on the bristles.
- A cup or glass of water.
- An illustration showing the person sitting comfortably near a sink.

Tips:

- Use bright colors to make the visuals appealing.
- Include labels or brief descriptions for clarity.

- Applying Toothpaste

Objective: Demonstrate the correct amount of toothpaste to use.

Visuals to include:

- A pea-sized amount of toothpaste on the toothbrush.
- Close-up of the toothpaste tube and toothbrush tip.

Tips:

- Emphasize that a small amount is sufficient to prevent overuse.
- Use arrows or indicators to show the toothpaste placement.

- Positioning the Toothbrush

Objective: Properly position the toothbrush in the mouth.

Visuals to include:

- The person holding the toothbrush at a 45-degree angle to the gums.
- The toothbrush tip touching the molars or front teeth.

Tips:

- Highlight the importance of angling the brush to reach the gum line.

- Brushing the Outer Surfaces

Objective: Clean the outer surfaces of all teeth.

Visuals to include:

- Sequential images of the toothbrush moving along the upper and lower outer teeth.
- Circular or gentle back-and-forth motions.

Tips:

- Use arrows to indicate direction.
- Emphasize covering all quadrants (upper right, upper left, lower right, lower left).

- Brushing the Inner Surfaces

Objective: Clean the inner surfaces of the teeth.

Visuals to include:

- The toothbrush angled to reach the inside surfaces.
- Focus on the front teeth and molars.

Tips:

- Show the toothbrush tip pointing upward or downward as appropriate.
- Remind to be gentle to avoid gum damage.

- Cleaning the Chewing Surfaces

Objective: Remove plaque from the biting surfaces.

Visuals to include:

- The toothbrush positioned flat against the molars.
- Small horizontal or circular motions over the chewing surfaces.

Tips:

- Highlight the importance of thorough cleaning of these areas.
- Brushing the Tongue and Roof of Mouth

Objective: Remove bacteria and freshen breath.

Visuals to include:

- The toothbrush or a tongue cleaner gently scraping the tongue.
- The toothbrush moving along the roof of the mouth.

Tips:

- Use gentle pressure.
- Incorporate visuals that demonstrate proper technique.
- Rinsing and Spitting

Objective: Remove loosened plaque and toothpaste residue.

Visuals to include:

- The person rinsing with water from a cup.
- Spitting into the sink.

Tips:

- Encourage thorough rinsing.
- Show the importance of rinsing the toothbrush afterward.

- Drying and Storing the Toothbrush

Objective: Maintain oral hygiene tools properly.

Visuals to include:

- The toothbrush being shaken gently to remove excess water.
- Placement in a toothbrush holder, upright and uncovered.

Tips:

- Highlight the importance of keeping the toothbrush dry and in a clean location.

Designing Engaging and Educational Visuals

Clarity and Simplicity

- Use simple, universally recognizable images.
- Avoid clutter; focus on the key action.
- Incorporate minimal text or use icons and labels for clarity.

Consistency in Style

- Maintain a uniform visual style (color palette, character design).
- Use consistent arrow directions and motion indicators.

Use of Color and Symbols

- Bright colors can attract attention and aid understanding.
- Use symbols (checkmarks, crosses) to indicate correct or incorrect techniques.

Interactivity and Engagement

- For digital guides, include clickable steps or animations.
- For print, utilize step-by-step visual flowcharts.

Cultural and Age Appropriateness

- Tailor visuals to the target audience's age and cultural background.
- Use friendly characters for children and more detailed visuals for adults.

Practical Tips for Creating Your Visual Sequence

- **Storyboard Your Steps:** Draft a sequence of images before creating the final visuals.
- **Use Professional Illustration Tools:** Software like Adobe Illustrator or Canva can help produce polished visuals.
- **Test with Your Audience:** Gather feedback from children, parents, or dental professionals to refine clarity.
- **Incorporate Feedback:** Adjust visuals based on usability and comprehension.
- **Combine Visuals with Verbal Instructions:** For comprehensive education, pair images with simple explanations.

Conclusion

A visual sequence for brushing teeth is a vital educational tool that enhances understanding, encourages proper technique, and promotes consistent oral hygiene habits. When designed thoughtfully, incorporating clarity, engagement, and cultural sensitivity, visual sequences can significantly improve the effectiveness of oral health instruction. Whether used in schools, clinics, or at home, these visual guides serve as a foundation for lifelong healthy habits, ensuring bright smiles and healthy teeth for years to come.

Question What is a visual sequence for brushing teeth? A visual sequence for brushing teeth is a step-by-step visual guide that illustrates the proper technique and order of actions to effectively clean your teeth. **Why is using a visual sequence helpful for teaching children to brush?** A visual sequence helps children understand and remember the steps involved in brushing, making it easier for them to develop good oral hygiene habits independently. **What are the key steps included in a typical visual sequence for brushing teeth?** Key steps usually include applying toothpaste, brushing all surfaces of each tooth, including front, back, and chewing surfaces, and rinsing the mouth afterward. **How can I create an effective visual sequence for brushing teeth?** Create clear, simple images or illustrations showing each step, use consistent symbols or icons, and arrange the steps in logical order to guide users through the process seamlessly. **Are there digital tools or apps that provide visual sequences for brushing teeth?** Yes, many dental health apps and online

resources offer visual guides and interactive sequences to help users learn proper brushing techniques. Can a visual sequence improve oral hygiene habits in adults? Absolutely. Visual sequences serve as reminders and can reinforce proper technique, leading to better brushing habits regardless of age. What are common mistakes to avoid when creating a visual sequence for brushing teeth? Avoid overcrowding with too many steps, using unclear images, or omitting important actions like brushing all tooth surfaces or cleaning the tongue. How often should a visual sequence for brushing teeth be updated or reviewed? It should be reviewed regularly, especially when introducing new techniques or for educational purposes, and updated if any steps or recommendations change.

Related keywords: tooth brushing guide, dental hygiene routine, oral care sequence, brushing steps, toothbrush animation, dental health tips, oral hygiene education, toothbrush technique, dental care animation, teeth cleaning process

SOCIAL STORY BRUSHING TEETH

Social story brushing teeth is a valuable tool used by parents, teachers, and therapists to help children develop healthy oral hygiene habits. This approach leverages storytelling techniques to teach children about the importance of brushing their teeth, how to do it properly, and why it is a necessary part of daily routines. By creating a social story around brushing teeth, caregivers can reduce anxiety, increase understanding, and promote independence in children who may be hesitant or unsure about dental care. In this article, we will explore the concept of social stories for brushing teeth, their benefits, how to create effective social stories, and practical tips to encourage consistent brushing habits.

Understanding Social Stories for Brushing Teeth

What is a Social Story?

A social story is a short, descriptive story that explains a specific social situation or skill in a clear, positive, and reassuring way. Developed by Carol Gray in the 1990s, social stories aim to teach children social norms and routines by using simple language and visual supports. When it comes to brushing teeth, a social story helps children understand what to do, why it's important, and how to do it correctly.

Why Use a Social Story for Brushing Teeth?

Using a social story for brushing teeth offers several benefits:

- Reduces anxiety and fear associated with dental routines.
- Provides clear, step-by-step guidance tailored to the child's level of understanding.
- Encourages independence and responsibility in oral hygiene.
- Helps children with special needs or communication challenges understand the routine better.
- Creates a consistent message that can be reinforced at home and school.

Key Components of an Effective Social Story for Brushing Teeth

1. Use Simple and Positive Language

Children respond well to straightforward language that is easy to understand. Focus on what they should do and why it is beneficial, avoiding negative phrases or emphasizing what they shouldn't do.

2. Incorporate Visuals and Illustrations

Pictures, symbols, and illustrations help reinforce the message and cater to visual learners. Visuals can depict each step of the brushing process or the feelings associated with good dental hygiene.

3. Include Clear Steps

Break down the routine into manageable steps, such as:

- Get your toothbrush and toothpaste.
- Put a small amount of toothpaste on your brush.
- Brush your teeth in gentle circles.
- Don't forget the fronts, backs, and tops of your teeth.
- Spit out the toothpaste and rinse your mouth.
- Clean your toothbrush and put it away.

4. Add Reinforcing Messages

Include positive statements about how brushing keeps teeth healthy, prevents cavities, and makes your smile bright.

5. Personalize the Story

Use the child's name and include familiar settings or routines to make the story relatable and engaging.

How to Create a Social Story About Brushing Teeth

Step 1: Assess the Child's Needs and Level of Understanding

Identify the child's current knowledge about teeth brushing, their fears or challenges, and their preferred communication style.

Step 2: Gather Visuals and Materials

Collect pictures of toothbrushes, toothpaste, the bathroom, and other relevant images. You can use photographs, drawings, or printed symbols.

Step 3: Write the Story

Draft a simple narrative that incorporates:

- An introduction explaining why brushing teeth is important.
- A description of the routine steps with visuals.
- A conclusion that praises the child's efforts and encourages regular practice.

Step 4: Use Positive Reinforcement

Include encouraging words and rewards, such as stickers or praise, to motivate the child.

Step 5: Review and Practice

Read the story together regularly, modeling the behavior and allowing the child to participate in the routine.

Sample Social Story: Brushing Teeth

Title: My Happy Tooth-Brushing Time

Page 1:

My name is [Child's Name]. I have teeth that help me chew my food and smile bright. Brushing my teeth keeps them healthy and strong.

Page 2:

In the morning and before bed, I get my toothbrush and toothpaste. (Show picture of toothbrush and toothpaste)

Page 3:

I put a small amount of toothpaste on my brush. It tastes good and helps clean my teeth.

Page 4:

I brush my teeth gently in small circles. I make sure to brush the fronts, backs, and tops of my teeth. (Use visual of a child brushing)

Page 5:

After I finish, I spit out the toothpaste and rinse my mouth with water. My teeth are now clean!

Page 6:

I clean my toothbrush and put it away. Now my smile is shiny and healthy!

Page 7:

Brushing my teeth makes me happy and keeps me healthy. I am proud of myself for brushing my teeth every day!

Page 8:

I will brush my teeth twice a day?morning and night. I am a good tooth-brusher!

Practical Tips to Encourage Consistent Teeth Brushing

1. Make It Fun

Use colorful toothbrushes, flavored toothpaste, or sing songs while brushing to make the activity enjoyable.

2. Establish a Routine

Set specific times for brushing, such as after breakfast and before bedtime, to create consistency.

3. Use Visual Schedules and Reminders

Create a visual chart or social story poster that the child can follow independently.

4. Model Good Behavior

Brush your teeth alongside the child to demonstrate proper technique and enthusiasm.

5. Offer Praise and Rewards

Celebrate successes with verbal praise, stickers, or small rewards to reinforce positive habits.

6. Be Patient and Supportive

Understand that developing a routine takes time. Offer encouragement and gentle reminders as needed.

Conclusion

Implementing a **social story brushing teeth** is an effective strategy to foster good oral hygiene habits in children. By combining simple language, visual supports, and positive reinforcement, caregivers can help children understand the importance of brushing, reduce their fears, and build independence. Whether used at home or in educational settings, social stories serve as a powerful tool to promote lifelong dental health. Remember, consistency, patience, and encouragement are key to helping children develop and maintain healthy brushing routines that will benefit them for years to come.

Social Story Brushing Teeth: An In-Depth Examination of Its Effectiveness and Implementation

In recent years, the use of social stories has gained significant traction as an evidence-based approach for supporting children, especially those with developmental challenges such as autism spectrum disorder (ASD), in acquiring essential daily routines. Among these routines, tooth brushing stands out as a critical skill for maintaining oral health and overall well-being. This article provides a comprehensive analysis of social story brushing teeth, exploring its theoretical foundations, practical applications, effectiveness, and considerations for best practice.

Understanding Social Stories

Definition and Origin

Social stories are short, personalized narratives designed to teach social skills, routines, and expectations to children with developmental differences. Developed by Carol Gray in the early 1990s, social stories aim to provide clear, concise, and contextually relevant information that helps

children understand social cues and appropriate behaviors.

Core Principles of Social Stories

- Personalization: Tailored to the child's specific needs and developmental level.
- Descriptive Sentences: Explain what usually happens in a given situation.
- Perspective Sentences: Offer insights into others' feelings and viewpoints.
- Directive Sentences: Suggest appropriate responses or behaviors.
- Affirmative Sentences: Reinforce positive behaviors and confidence.

This structure ensures that children receive a balanced understanding of social situations, which can be particularly effective in promoting routine behaviors like tooth brushing.

The Relevance of Social Stories in Promoting Tooth Brushing

Challenges in Teaching Tooth Brushing

Children with developmental delays or sensory sensitivities may find brushing teeth aversive or confusing. Common challenges include:

- Discomfort with the toothbrush or toothpaste
- Lack of understanding of the importance
- Resistance to routine changes
- Sensory sensitivities (taste, texture, sound)

Traditional instruction alone may not suffice for these children, necessitating supplementary strategies like social stories.

Why Use Social Stories for Tooth Brushing?

Social stories serve multiple functions:

- Reducing Anxiety: By clarifying expectations and steps involved.
- Providing Predictability: Establishing a consistent routine.
- Enhancing Motivation: Using positive language and reinforcement.
- Supporting Independence: Encouraging self-management of personal hygiene.

By addressing both cognitive and emotional barriers, social stories can facilitate more positive

experiences with tooth brushing, leading to better oral health outcomes.

Developing Effective Social Stories for Tooth Brushing

Key Components

An effective social story about tooth brushing should include:

- Clear description of the task
- Visual supports or illustrations
- Step-by-step instructions
- Positive reinforcement statements
- Personalization to the child's preferences and needs

Sample Structure

- Introduction: Explains why brushing teeth is important.
- Preparation: What the child needs (toothbrush, toothpaste).
- Steps: Sequential instructions (e.g., "I squeeze a small amount of toothpaste," "I brush the front teeth," "I rinse my mouth").
- Expected Feelings: Reassures the child that it's okay to feel nervous and that they can take their time.
- Reinforcement: Encourages the child to feel proud of completing the routine.

Incorporating Visuals and Personalization

Visual aids, such as photos or drawings, can enhance understanding, especially for children with visual learning preferences. Personalization using the child's name, favorite colors, or characters can increase engagement and relevance.

Evidence of Effectiveness

Research Findings

Multiple studies have investigated the impact of social stories on oral hygiene routines:

- Improved Routine Compliance: Children exposed to social stories demonstrate increased consistency in tooth brushing.

- Enhanced Understanding: Children show better comprehension of the steps involved.
- Reduced Anxiety and Resistance: Social stories can alleviate fears associated with brushing.
- Increased Independence: Children become more capable of managing their own oral hygiene with less prompting.

For example, a 2015 study published in the *Journal of Autism and Developmental Disorders* found that children with ASD who received social stories about tooth brushing showed statistically significant improvements in brushing frequency and quality, compared to control groups.

Limitations and Considerations

While promising, social stories are not a universal solution. Factors influencing effectiveness include:

- The child's individual needs and preferences
- Consistency in implementation
- The quality and personalization of the story
- The presence of additional supports, such as visual schedules or reinforcement systems

Implementation Strategies and Best Practices

Training and Support for Caregivers

Caregivers and educators should be trained in:

- Creating personalized social stories
- Using visual supports effectively
- Reinforcing positive behaviors
- Monitoring progress and making adjustments

Integrating Social Stories into Routine

Best practices include:

- Introducing the social story prior to the routine
- Reading the story multiple times in a calm setting
- Using the story as a visual aid during tooth brushing
- Providing praise and reinforcement after completion

Monitoring and Evaluating Progress

Tracking changes over time helps determine effectiveness:

- Use data sheets to record brushing frequency and duration
- Note child's reactions and levels of cooperation
- Adjust stories as needed to maintain engagement and relevance

Challenges and Limitations

Despite their benefits, social stories have limitations:

- Individual Variability: Not all children respond equally; some may require additional supports.
- Sustainability: Maintaining interest over time may require story updates or variations.
- Resource Intensive: Creating personalized stories can require time and resources.
- Over-reliance: Should be part of a comprehensive approach that includes modeling, reinforcement, and environmental modifications.

Future Directions and Innovations

Emerging trends aim to enhance social story interventions:

- Digital and Interactive Stories: Apps and animated videos can increase engagement.
- Augmentative and Alternative Communication (AAC): Integration with AAC devices for nonverbal children.
- Virtual Reality (VR): Simulated environments for practicing routines safely.
- Research Expansion: More rigorous studies to establish standardized protocols and measure long-term outcomes.

Conclusion: The Role of Social Stories in Oral Hygiene Education

Social story brushing teeth represents a valuable, evidence-informed strategy for promoting oral health routines among children with diverse needs. Its personalized, visual, and predictable format helps reduce anxiety, clarify expectations, and foster independence. While not a standalone solution, when integrated with other behavioral and environmental supports, social stories can significantly enhance a child's ability to develop and maintain effective oral hygiene habits.

The key to success lies in careful development, consistent implementation, and ongoing evaluation.

As research advances and technology evolves, social stories will likely become even more versatile and accessible tools in promoting lifelong healthy habits.

In sum, social stories are a powerful adjunct to traditional teaching methods, offering children with developmental challenges a clearer, more manageable path toward mastering the vital skill of tooth brushing, ultimately contributing to their health, confidence, and quality of life.

Question What is a social story about brushing teeth? A social story about brushing teeth is a simple, visual guide that helps children understand the steps, importance, and proper techniques for brushing their teeth. **Answer** How can social stories improve a child's tooth brushing habits? Social stories can make the process clear and less intimidating, encouraging children to develop consistent and effective brushing routines. At what age should children start using social stories to learn brushing teeth? Children as young as 2 to 3 years old can benefit from social stories to learn about brushing teeth, especially if they are developing independence or have special needs. What are some key elements to include in a social story about brushing teeth? Key elements include the reason for brushing, the steps involved, proper technique, and positive reinforcement to motivate children. Can social stories be customized for individual children's needs? Yes, social stories can be tailored to address a child's specific challenges, preferences, or learning style for more effective understanding. How often should a social story about brushing teeth be used? It can be used daily or as needed, especially during routines or times when a child needs extra guidance or reassurance. Are there visual aids or tools that can enhance social stories about brushing teeth? Yes, incorporating pictures, diagrams, or visual schedules can make social stories more engaging and easier for children to follow.

Related keywords: teeth brushing, dental hygiene, oral care, bedtime routine, dental health, toothbrush, fluoride toothpaste, oral hygiene tips, children's dental care, tooth brushing instructions

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