

## **Social story – Tooth Brushing**



**Teeth are very important to us. They help us bite and chew our food.**



**We must brush every day to take care of our teeth.**



**We take care of our teeth by brushing once in the morning after waking up and again before going to bed at night.**



**We also take care by eating healthy items like vegetables, salads and fruits.**



**We can eat sweets and chocolates, but make sure we gargle after eating.**



**If we don't brush, we will get cavities. Cavities cause toothache and it is very painful.**



**We can take help for toothache from our parents and a dentist.**



**It is better to take care of our teeth for them to stay healthy and keep us happy.**