

## Summary

Teach Mike (an alien, who has the experience of a five-year-old child) how to clean teeth in the bathroom.

## Preconditions

- 1.Prepare the bathroom with a washbasin.
- 2.Prepare two toothbrushes and toothpaste depending on your preferences.
- 3.Prepare a step stool for children as it could help reach the washbasin.

## Steps

- 1.Set Mike up for a positive attitude
- 2.Use step stool so Mike could reach the washbasin
- 3.Ask Mike to try and remember all you are doing.
- 4.Open the tap and wash your hands using soap.
- 5.Ask Mike to repeat the same thing.
- 6.Take your toothbrush and give Mike his toothbrush.
- 7.Show the best way he can hold the toothbrush.
- 8.Run the toothbrush under the water so it could be wet.
- 9.Ask Mike to repeat the same thing.
- 10.Switch off the water.
- 11.Squeeze about the size of a grain of rice of toothpaste onto the toothbrush.
- 12.Ask Mike to repeat the same thing.
- 13.Explain to Mike that applying too much toothpaste can cause it to foam up in your mouth, which may tempt you to finish brushing too early.
- 14.Gently brush your front teeth using short, circular movements.
- 15.Ask Mike to repeat the same thing.
- 16.Explain to Mike avoid scrubbing too hard since he could damage his tooth enamel.
- 17.Brush your molars with short back-and-forth strokes to clean them.
- 18.Ask Mike to repeat the same thing.
- 19.Explain to Mike that if brushing teeth feels painful, try brushing more gently using only circular motions.
- 20.Clean the inner surfaces of your teeth by holding the brush vertically.
- 21.Ask Mike to repeat the same thing.
- 22.Explain to Mike that if he has trouble reaching the backs of his teeth, hold his mouth open so it's about 2–3 finger-widths apart.
- 23.Keep brushing for two minutes.
- 24.Spit out.
- 25.Ask Mike to repeat the same thing.
- 26.Put the toothbrush in the glass where other toothbrushes are stored.
- 27.Open the tap.
- 28.Hold your hands like a "boat" and fill it with water.
- 29.Ask Mike to repeat the same thing.

30. Make sure Mike Does it correctly, if he doesn't, patiently show and explain to him until it works well.
31. Rinse your mouth thoroughly with water to remove toothpaste
32. Ask Mike to repeat the same thing.
33. Examine your teeth and tongue in the mirror to ensure no toothpaste or debris remains.
34. Ask Mike to repeat the same thing.
35. Ask to go down from the step stool because you are finished.
36. Explain to Mike that he must brush his teeth twice a day - in the morning and before bedtime.
37. Explain to Mike that he must change his toothbrush every 3-4 months or sooner if it appears frayed.
38. Repeat all procedures again.
39. Ask Mike to repeat the procedure without your help. If he feels some difficulties, help him.
40. Ask Mike if he has any questions regarding the process.

## **Expected Result**

Mike is happy and knows how to clean his teeth in the bathroom without any help.