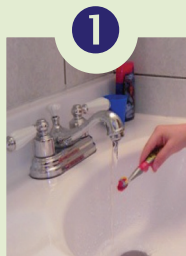


# Tooth Brushing: Visual Strategies

## USING A VISUAL SCHEDULE

- Tooth brushing is a complex task, comprised of multiple steps that your child must remember
- When learning a new task, breaking the task down into smaller steps can help your child learn one new step at a time
- A Visual Schedule is a series of pictures showing the steps that are necessary to complete a specific task and can help your child learn the sequence for how to complete a task
- To begin, introduce the visual sequence by posting it at your child's eye level and point to each step while reading its label out loud before completing each action
- Once your child is familiar with one step, you can ask him/her to point to the next step
- It is OKAY if your child needs help throughout each task, it is important that you praise him/her for the efforts in completing each step
- Once your child needs less and less support completing each step, you can slowly fade the visual schedule ([Connectability.ca](http://Connectability.ca))

## A SAMPLE VISUAL SCHEDULE



Wet  
Toothbrush



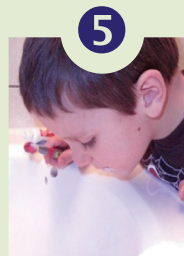
Put Toothpaste  
on Toothbrush



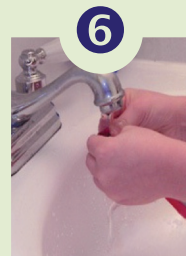
Brush the Top  
and Bottom  
Teeth



Brush the Back  
Teeth



Spit out the  
Toothpaste



Rinse off your  
Toothbrush

[Connectability.ca](http://Connectability.ca)

## ADDITIONAL VISUAL STRATEGIES

- Model the steps of tooth brushing for your child! If they see you do it, they may have a better understanding of how to complete each step
- Invite your child to look at themselves in the mirror while they brush their teeth
- Use a visual timer, such as a sand or egg timer, so your child has a visual cue for the length of time the tooth brushing task will last