

A free picture book to read together

Read it before brushing, one page at a time.

Created by Sensory Lab

This book belongs to

How to read this book together

- Read it at a calm time, or just before brushing, as a preview of what will happen.
- Point to each picture and pause. Give your child time to look, point or show you.
- Read the same way each time. Familiar words help the routine feel safe.
- Short on time or energy? Read only the pages your child likes, or see the fewer-steps idea at the back of the book.



Sami has brushed his teeth.

Now it is Lina’s turn.



Mum shows Lina two toothbrushes.

Lina points to the coral one.



Mum puts a little toothpaste on the brush.

Just a pea-sized dot.



First, Mum brushes her own teeth.
Lina watches.



Lina copies Mum.

Top teeth, then bottom teeth.



Mum gently helps Lina’s hand.

Small, gentle circles.



Now Lina brushes on her own.

Mum waits and smiles.

There’s no rush.



Lina spits out the toothpaste.

No rinsing!



Lina puts her brush back in the cup.



Lina taps “all done” on her tablet.

Mum smiles: “Well done, Lina!”



At bedtime, Lina brushes again with Dad.

Same steps, every day.

For parents: how this book teaches

Lina's story follows four simple ideas you can use at home. Go at your child's pace: every child is different.

1. Show first (demonstration)

Get down to your child's level, face to face, and brush your own teeth slowly, with small, gentle circles. Your child learns by watching. You don't need many words.

2. Same steps, every day (repetition)

Use the same steps, in the same order, at the same times each day: last thing at night and one other time. Reading this book first can help your child know what comes next.

3. Gentle help, only if your child is happy with it

If your child likes it, rest your hand lightly over theirs to show the movement. Never hold or force. If your child pulls away, stop, and go back to watching and copying. That is enough.

4. Step back slowly (gradual independence)

Lower your own brush and let your child lead, while you stay close and watch. A sand timer shows how long brushing lasts, about two minutes. Smile, wait, and celebrate the trying, not perfection.

Independence takes time

Even while your child is learning to brush on their own, they may still need an adult's help to clean their teeth thoroughly. That's normal. You might let your child brush first, then gently brush any areas they missed, if your child is comfortable with it. The NHS advises that parents brush the teeth of children under 3, supervise children aged 3 to 6, and keep watching children aged 7 and over to check they brush well and for long enough.

Every way of communicating counts

Lina doesn't use speech. She points, watches, copies and uses her tablet. Looking, pointing, handing you a card, using a communication device or speaking are all real answers.

Fewer steps

If the whole book is too much, read only pages 5 (toothpaste), 7 (brushing together) and 10 (spitting out).

NHS advice for children's teeth (UK)

- Brush twice a day for about 2 minutes: last thing at night before bed, and at least one other time.
- Ages 3 to 6: a pea-sized amount of fluoride toothpaste (1,000 to 1,500ppm). 7 and over: 1,350 to 1,500ppm. Under 3: a smear (at least 1,000ppm).
- Spit out after brushing and don't rinse, so the fluoride keeps working. Keep watching, even at 7 and over.

Source: NHS, "Taking care of children's teeth" (nhs.uk; page last reviewed 30 June 2025), checked 31 October 2026. If brushing stays very difficult, your dentist or an occupational therapist can suggest more ideas.

Thank you for reading with Lina

This book goes with the Sensory Lab video "Brushing Teeth, Together" and the free toothbrushing picture cards.

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Tell us what to make next

Which everyday skill would you like help teaching next? Tell us in the comments under our videos. Please don't share your child's full name or other private details.

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