

Age1-2

Morning Care Routines

5. Let's Brush Your Teeth

Parent-initiated

【Beginner Level】

Dialogue

Parent: Let's brush your teeth.

Parent: Go to the bathroom.

Parent: Here's your toothbrush.

Parent: Open your mouth—ahh.

Parent: Brush, brush, brush!

Parent: Now take some water.

Parent: Don't swallow—spit it out.

Parent: Yay, all clean!

Vocabulary

- brush teeth
- toothbrush
- spit out

Tip for Parents

Most toddlers need time to learn not to swallow the water—be patient and cheerful.

Extra Hygiene Words

- | | | |
|--------------|---------|--------|
| • toothpaste | • rinse | • foam |
| • sink | • cup | |

【*Advanced Level*】

Dialogue

Parent: It's time to brush your teeth. Ready?

Parent: Let's go to the bathroom and get your toothbrush.

Parent: Can you squeeze a little toothpaste on it?

Parent: Open your mouth wide. Let's brush—up and down, side to side.

Parent: Now take a sip of water.

Parent: Swish, swish.

Parent: Okay—spit it out. Don't swallow!

Parent: Great job! Look at those clean teeth.

Vocabulary

- toothpaste
- up and down / side to side
- swish
- spit it out
- don't swallow

Tip for Parents

Describe the actions while modeling them. Use fun sounds like “swish swish” to explain rinsing. Encourage but don't force spitting—praise the attempt and repeat daily to build the habit.

Extra Hygiene Words

- | | |
|---------|--------|
| • sink | • cup |
| • rinse | • foam |

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Baby-initiated

【*Beginner Level*】

Dialogue

Parent: You want to brush your teeth?

Parent: Okay! Let's go to the bathroom.

Parent: Here's your toothbrush and some toothpaste.

Parent: Just a little toothpaste—like a tiny dot.

Parent: Open wide—good job!

Parent: Brush, brush, brush!

Parent: Now drink a little water—just a little.

Parent: Spit it out here, don't swallow.

Parent: All done! So clean!

Vocabulary

- brush
- toothpaste
- tiny dot
- spit out
- swallow

Tip for Parents

When your toddler shows interest, guide each step gently. Show how much toothpaste is needed (about the size of a grain of rice). Use consistent words like “tiny dot” and “don't swallow” to build habits.

Extra Hygiene Words

- sink
- rinse
- cup
- foam

【*Advanced Level*】

Dialogue

Parent: It's time to brush your teeth now.

Parent: Let's go and get your toothbrush and toothpaste.

Parent: Can you squeeze a little toothpaste—just a tiny bit, like a rice grain?

Parent: Press gently. That's enough!

Parent: Can you brush up and down by yourself today?

Parent: Nice brushing! Now take a small sip of water.

Parent: Swish it around in your mouth—like this!

Parent: Ready? Spit it out into the sink. Don't swallow!

Parent: You did it! That's how we keep teeth clean and strong.

Parent: You're learning so fast.

Vocabulary

- brush up and down
- tiny bit / rice grain
- press gently
- swish
- spit it out

Tip for Parents

Use brushing time to build a full mini-routine—brush, rinse, and spit.

Gently show how much toothpaste is enough and use descriptive terms like “just a rice grain.” Model the motions and praise their efforts.

Extra Hygiene Words

- sink
- rinse
- cup
- foam