

TOOTHBRUSHING TASK ANALYSIS

NAME: _____

MONTH: _____

KEY
I=Independent
A=Assistance
N/A=Not Applicable

DATE ⇒														
1. Get out toothbrush and toothpaste														
2. Wet toothbrush and apply toothpaste														
3. Brush the OUTSIDE surfaces of the UPPER teeth														
4. Brush the CHEWING surfaces of the UPPER teeth														
5. Brush the INSIDE surfaces of the UPPER teeth														
6. Brush the OUTSIDE surfaces of the LOWER teeth														
7. Brush the CHEWING surfaces of the LOWER teeth														
8. Brush the INSIDE surfaces of the LOWER teeth														
9. Brush the tongue using small strokes														
10. Rinse mouth														
11. Rinse toothbrush														
12. Put away toothbrush and toothpaste														

HELPFUL HINTS

- Use a soft toothbrush
- Use a pea size amount of toothpaste (Toothpaste may not be tolerated therefore is not mandatory)
- Position the toothbrush at a 45 degree angle at the gum line and brush in a back and forth motion for 30 to 60 seconds