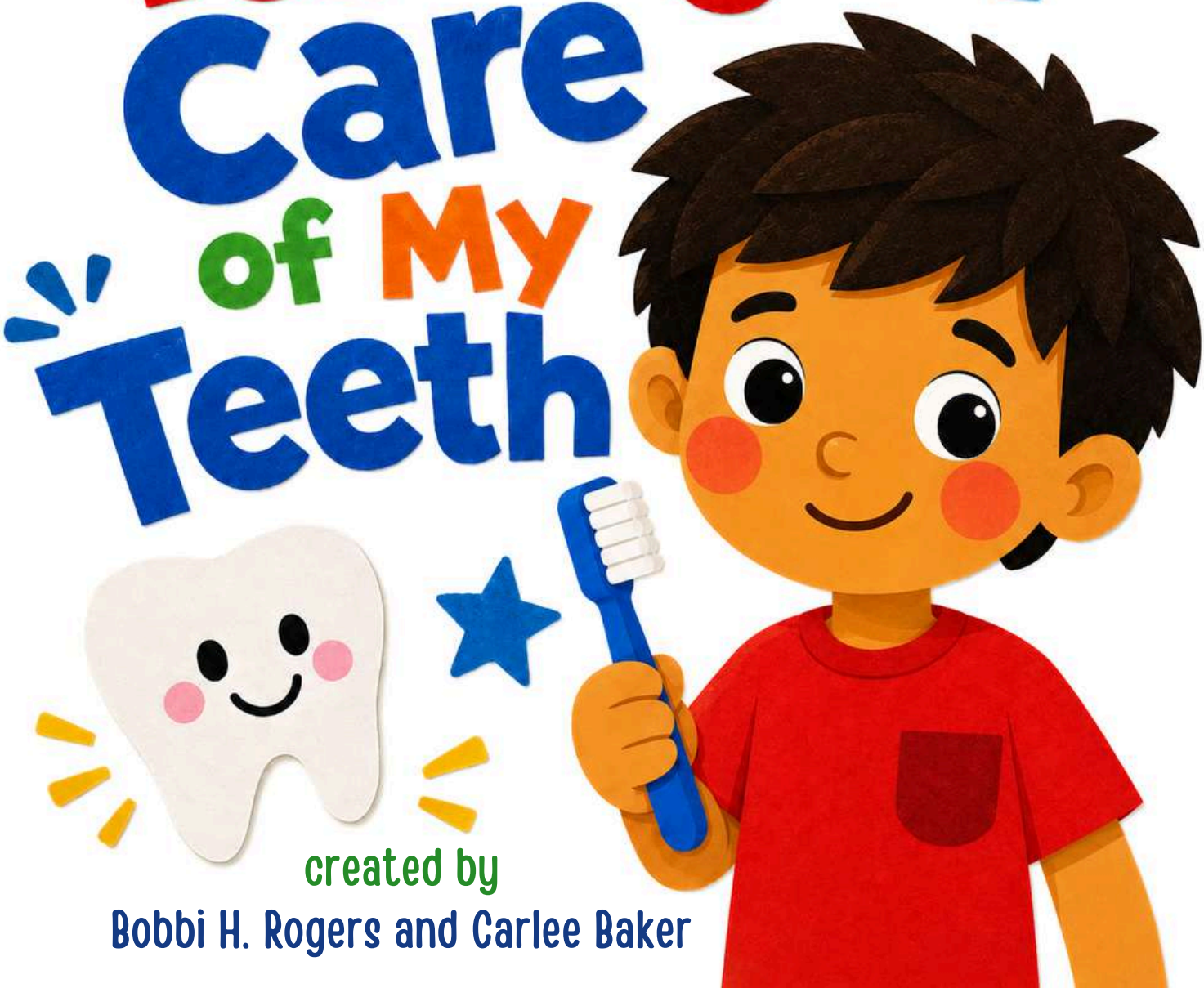
Proud Moments ABA

Taking Care of My Teeth



created by
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A Note for Grown-Ups

Brushing teeth is one of those everyday routines that can feel surprisingly big. For some children, the feeling of the toothbrush, the taste of toothpaste, the sounds, or simply being asked to stop what they are doing can make tooth brushing feel uncomfortable or stressful. And for parents, something that seems so simple can sometimes become one of the hardest parts of the day.

This book was created to gently pair the comfort of reading with a routine that can sometimes feel overwhelming: brushing teeth. It is meant to give families a warm and easy way to talk about tooth brushing, prepare children for the experience, and help turn it into something playful, positive, and even fun. Through imagination, connection, and shared moments, the hope is that tooth brushing becomes less about "having to do it" and more about building confidence and creating small moments of success together.

Your patience, encouragement, and belief in your child are helping them grow even on the hard days. Take it one brush, one page, and one brave moment at a time, and do not forget to make room for a little fun along the way.





Ren did not like
Brushing his teeth.
Brushing felt funny
From his head to his feet.



The toothbrush felt strange.
It wiggled and swished.
"Not today," said Ren.
"I'm not ready for this."

Mom and dad were calm.
They smiled and said,
"We can go very slowly
With no rushing ahead."



"We won't brush today.
We can try something small.
Brave moments grow slowly
No giant steps at all."



So Ren tried something
That was brand new that day.
He held the toothbrush.
Then he put it away.



The next day he tried
Something simple and smart.
He put the toothbrush
Inside of his mouth – just to start.



Ren did not brush.
He instead took it slow.
"Just trying today
Is enough," as you know.





Toothpaste was next.

Just a look is okay.

Ren made a funny face.

"No thanks... not today!"



He stuck out his tongue
And tried just a bit.
"Too strong! Too sharp!
I just don't like it."



The second toothpaste was better,

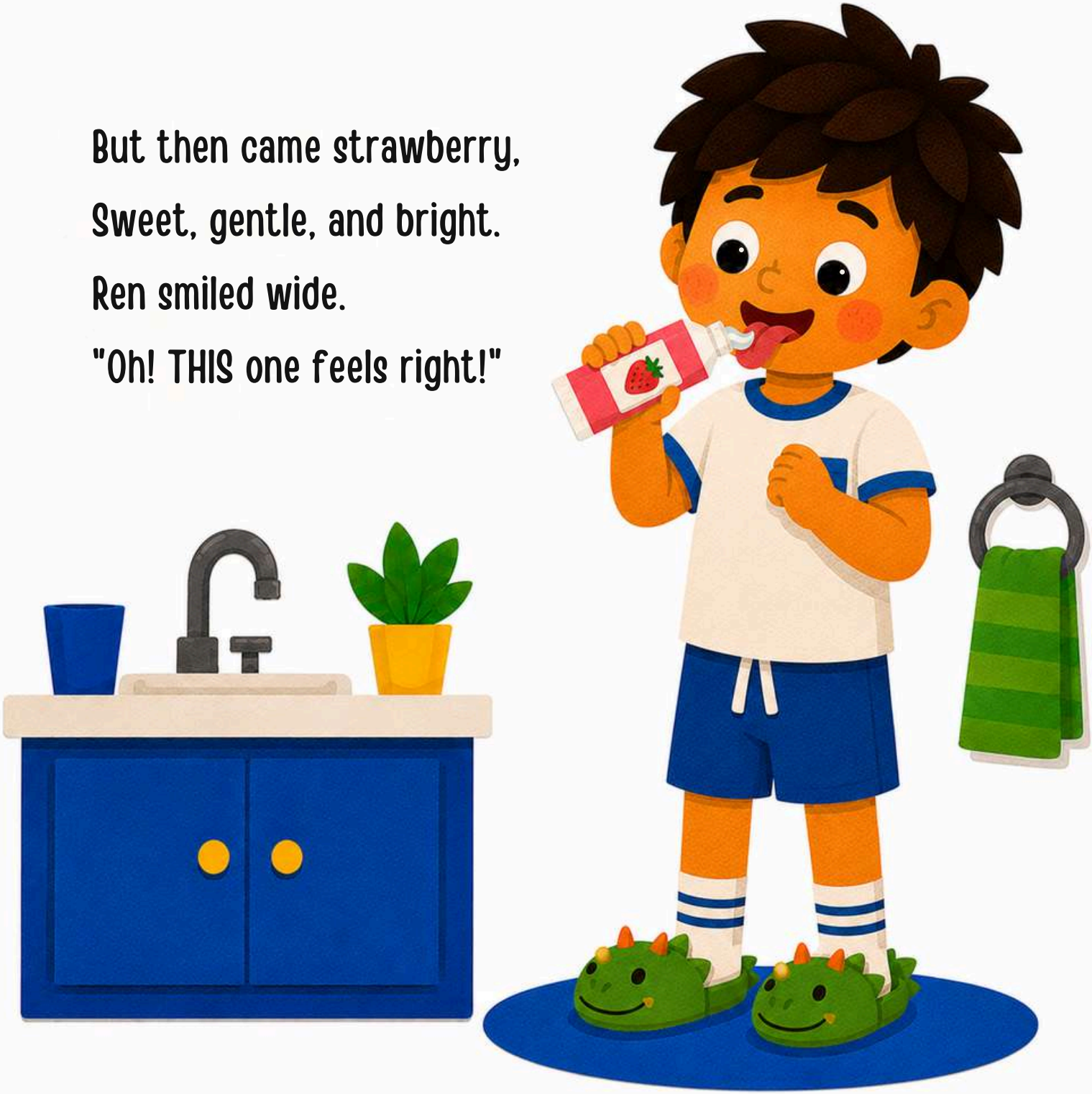
Ren thought with a blink.

"I like this one more.

It can stay, I think."



But then came strawberry,
Sweet, gentle, and bright.
Ren smiled wide.
"Oh! THIS one feels right!"



"Strawberry toothpaste
Is my favorite one!"
Trying new things
Can actually be fun!



But the toothbrush still mattered.
One felt scratchy and tickly.
"It pokes in my mouth!
I don't like that it's prickly!"



So they tried a softer brush.

"Hmm..." Ren said, nice and slow.

“This one feels nicer.

It might be a go."



The third one softly vibrated

A tiny, soft hum.

Nothing too buzzy.

Just right for his gums.



Ren smiled as he held it.

“This one feels okay."

So, little by little,

He practiced each day.



First, he put the toothbrush
Inside of his mouth.
Then toothpaste joined in
As he moved it about.



Soon Ren was brushing
One side...Then two.
The front and the back
Top and bottom, too!



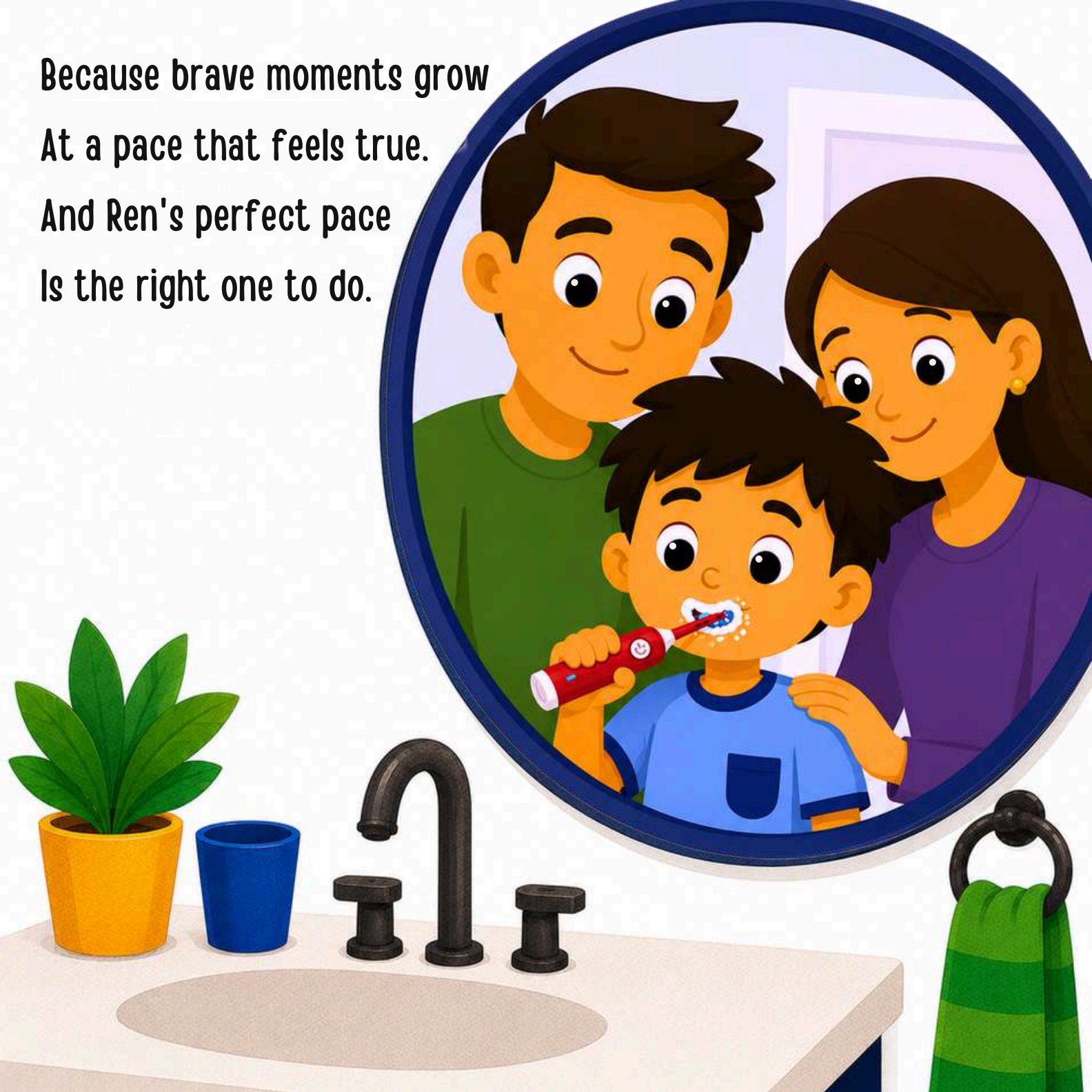
Now Ren brushes
Three times on each side,
And the front and the back
With growing-up pride.



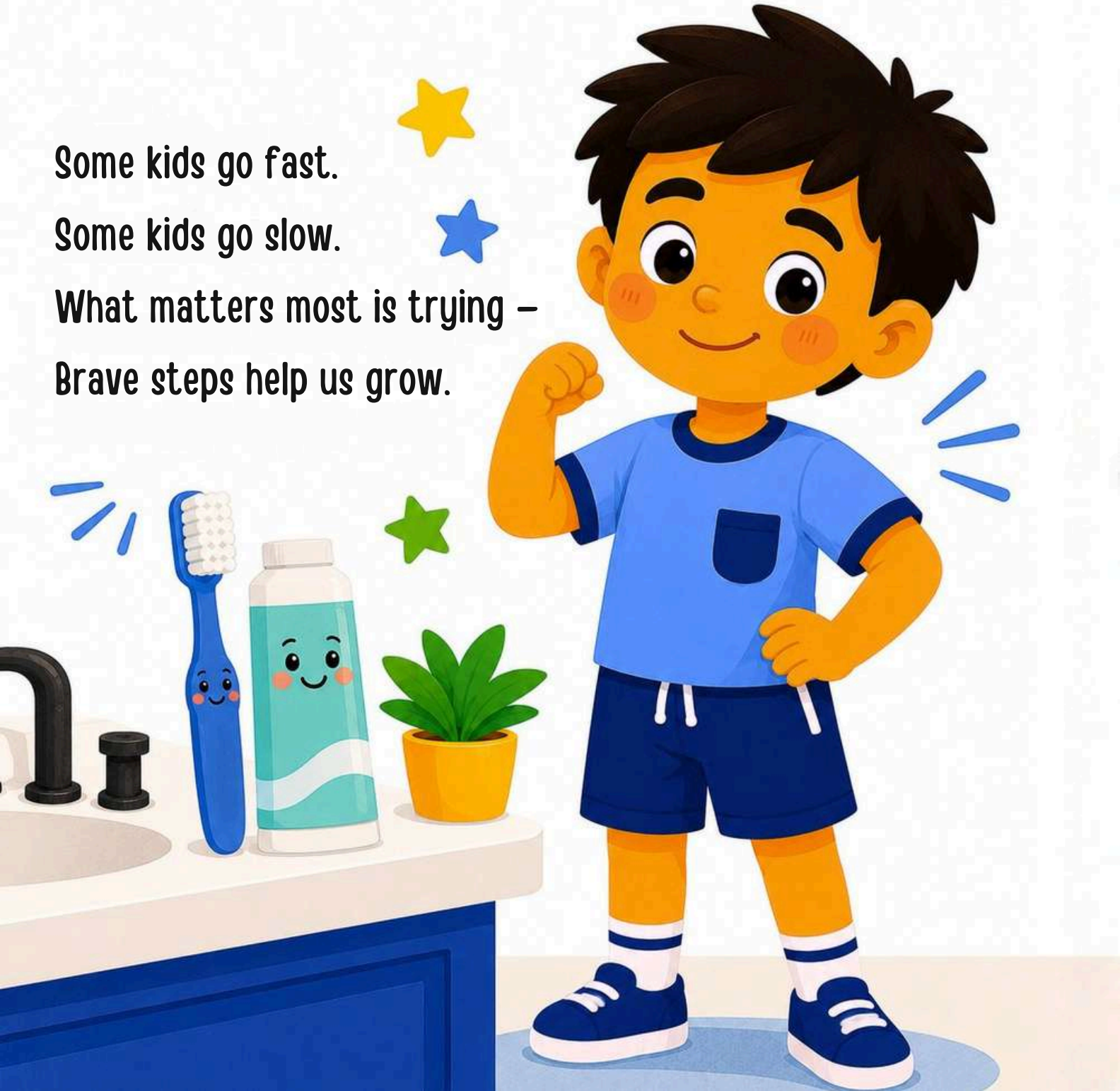
Someday he may brush
Five times, maybe more.
But there is no hurry.
No one's keeping score.



Because brave moments grow
At a pace that feels true.
And Ren's perfect pace
Is the right one to do.



Some kids go fast.
Some kids go slow.
What matters most is trying –
Brave steps help us grow.




So, if something feels tricky,
Or funny, or new,
Take one tiny brave step.
That's the best thing to do.

Can You Find the Strawberry Toothpaste?

Ren found a toothpaste he loved!
Can you find the strawberry toothpaste?

Can you find:

- 5 blue toothpaste tubes?
- 2 tubes with stars?
- 3 toothpaste tubes with a smiling tooth?
- The strawberry toothpaste?





Look closely, take your time, and have fun!

Can You Follow the Brave Path?

Use your finger to help Ren get to the sink and brush his teeth!



Start

Finish!



You did it!
Ren is so proud of you!

Find Ren's Feelings!

Can you point to the feeling that matches each word?











Can you point to:

- Nervous Ren?
- Curious Ren?
- Unsure Ren?
- Proud Ren?
- Excited Ren?

All feelings are OK! Which Ren looks most like you today?

You are doing a great job, Ren!

Small steps. Brave moments. Big smiles.

Tooth brushing can feel hard sometimes, but with a little courage, imagination, and practice, it can also be something brave, playful, and even fun.



A gentle story that helps children feel ready for tooth brushing.

Encourages independence and builds confidence one brush at a time.

Perfect for bedtime routines and everyday bravery.

You've got this, Ren!
One brush. One step. One smile.

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