Task Analysis for Brushing Teeth

Required materials: Sink, surface to place items on (i.e., counter), toothpaste, toothbrush

Prerequisite skills: knowing what toothpaste is, knowing what a toothbrush is, turning on a faucet, understanding bristles, unscrewing a cap, understanding the difference between top/bottom, understanding front teeth and front bottom teeth, understanding “biting surface”, understanding inside/outside understanding parts of a toothbrush (i.e., plastic side down), understanding back and forth

1. Locate toothpaste on counter.
2. Pick up toothpaste.
3. Screw off toothpaste cap.
4. Place cap on counter.
5. Turn on cold water.
6. Pick up toothbrush.
7. Run toothbrush bristles under cold water for three seconds.
8. Turn off water.
9. Hold toothbrush so the bristles are facing upward (plastic part of the toothbrush should be facing the floor).
10. Put tip of toothpaste near the end of the toothbrush on the bristles.
11. Gently squeeze the bottom of the toothpaste and drag it down the long part of the bristles to the end.
12. Gently place the toothpaste on the counter.
13. Carefully bring the toothbrush close to your mouth with the toothpaste side facing up.
14. Carefully turn the toothbrush, toothpaste side towards your mouth.
15. Place toothbrush with toothpaste on your front teeth.
16. Move toothbrush in circular motions along top front teeth and bottom front teeth three times.
17. Brush back and forth the biting surface of the top front teeth three times.
18. Brush back and forth the inside surface of the top front teeth three times.
19. Move the toothbrush to the bottom front teeth
20. Brush back and forth the biting surface three times.
21. Brush back and forth the inside surface three times.
22. Pick a side on the top and move the toothbrush there.
23. Brush back and forth on the outside of these teeth three times.
24. Brush back and forth the biting surface three times.
25. Brush back and forth the inside three times
26. Move toothbrush to the other side on the top row of teeth.
27. Brush back and forth the outside of these teeth three times.
28. Brush back and forth the biting surface of these teeth three times.
29. Brush back and forth the inside of these teeth three times.
30. Move to the bottom teeth.
31. Pick a side.
32. Brush the outside back and forth three times.
33. Brush the biting surface back and forth three times.
34. Brush the inside back and forth three times.
35. Switch to the other side.
36. Brush the outside back and forth three times
37. Brush the biting surface back and forth three times.
38. Brush the inside back and forth three times.
39. Take toothbrush out of mouth and hold it over the sink.
40. Turn on cold water.
41. Rinse off toothbrush.
42. Place toothbrush back in toothbrush holder.
43. Spit.
44. Turn off water.
45. Pick up toothpaste tube.
46. Pick up toothpaste cap.
47. Screw cap onto toothpaste.
48. Place toothpaste back on counter.

Brushing Teeth Data Sheet

Key: V = verbal prompt P = physical prompt I = Independent

2x = only brushed 2x 1x = only brushed 1x X = skipped/did not do

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Date: | Date: | Date: | Date: |
| Initiation (AM/PM) |  |  |  |  |
| Obtaining toothpaste |  |  |  |  |
| Opens toothpaste |  |  |  |  |
| Obtains toothbrush |  |  |  |  |
| Puts toothpaste on toothbrush |  |  |  |  |
| Puts toothbrush onto front teeth and brushes in circular pattern 3x |  |  |  |  |
| Brushes biting surface of top front teeth 3x |  |  |  |  |
| Brushes inside of front teeth 3x |  |  |  |  |
| Brushes biting surface of bottom front teeth 3x |  |  |  |  |
| Brushes inside front teeth 3x |  |  |  |  |
| Chooses a side on top |  |  |  |  |
| Brushes outside 3x on this top side |  |  |  |  |
| Brushes biting surface 3x |  |  |  |  |
| Brushes inside 3x |  |  |  |  |
| Switches sides (still on top teeth) |  |  |  |  |
| Brushes outside of teeth 3x |  |  |  |  |
| Brushes biting surface 3x |  |  |  |  |
| Brushes inside 3x |  |  |  |  |
| Picks side on bottom teeth |  |  |  |  |
| Brushes outside 3x |  |  |  |  |
| Brushes biting surface 3x |  |  |  |  |
| Brushes inside 3x |  |  |  |  |
| Switches sides |  |  |  |  |
| Brushes outside 3x |  |  |  |  |
| Brushes biting surface 3x |  |  |  |  |
| Brushes inside 3x |  |  |  |  |
| Turns on water |  |  |  |  |
| Rinse toothbrush |  |  |  |  |
| Put toothbrush in holder |  |  |  |  |
| Spit |  |  |  |  |
| Turn off water |  |  |  |  |
| Picks up toothpaste tube and cap |  |  |  |  |
| Puts cap on toothpaste |  |  |  |  |
| Puts toothpaste back on counter |  |  |  |  |