



Challenge 9

Use the toilet and wash their hands, and clean their teeth

Wash my hands and dry them

Use the toilet

Brush my teeth

Top Tips

Give lots of praise and encouragement to use the toilet. Don't get cross or let your child see your frustration or disappointment when they have accidents.

Show them how to play with dolls in the bathroom so they learn how to wash their hands themselves too.

You could try singing a song while your child is brushing their teeth, read stories about teeth or download a toothbrushing app, such as Brush DJ. For more information about brushing teeth visit our website.