

The idea of deciding what to bite...



Teeth are for Eating!



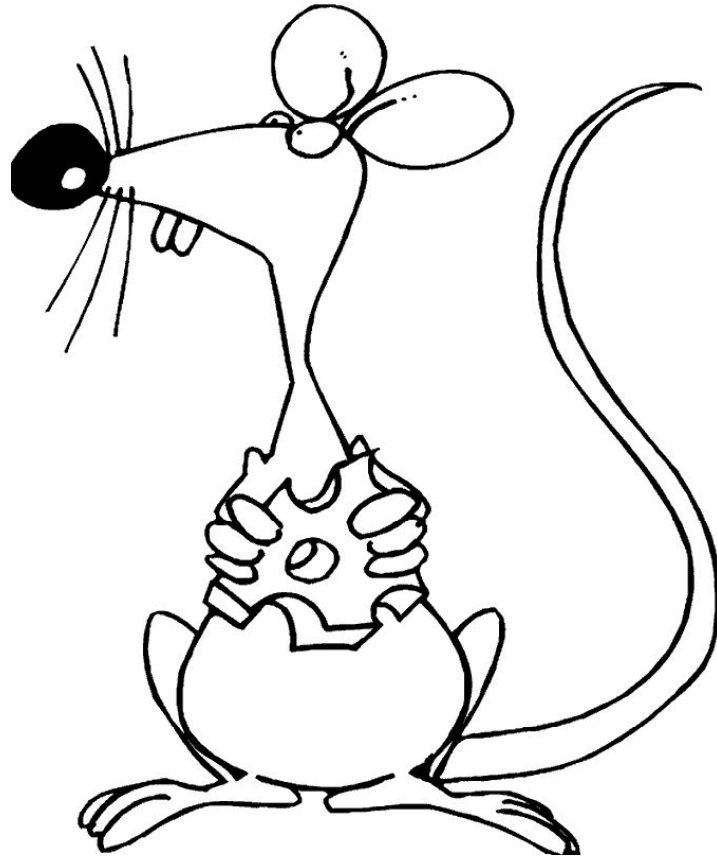
For _____



Usually, my teeth help me eat.



I might use my teeth to eat cheese.



I might use my teeth to eat
pizza, spaghetti or a sandwich.



I might use my teeth to eat a cookie.



Sometimes, I use my teeth to bite.



Sometimes I bite food.
Sometimes I bite toys.



Sometimes I bite people.

This is a mistake.

People get upset when I bite them.



It hurts a person when I bite.



It makes people sad when they are bitten.



Instead,
I can keep my teeth relaxed.
This is a good idea.



My biting mouth and teeth
can relax.



I can give my teeth something else to do.

Sometimes, my teeth can be brushed.



Sometimes, my teeth can chew food.



Sometimes, my teeth can nibble a treat.



Grownups will help me.

- Grownups might remind me to relax my mouth.
- Grownups might remind me to bite food or a toy.



I can do it!
I can make good choices
with my teeth.



THE END



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Questions or comments?
Please contact me!