



Teaching Spitting Toothpaste



An ABA-Style Guide for Kids with Autism

GOAL:

Teach your child to spit toothpaste into the sink after brushing.



STEP-BY-STEP TASK ANALYSIS

1	2	3	4	5	6	7
Brush teeth	Stop brushing	Open mouth over sink	Push toothpaste/saliva out	Watch it go into sink	Wipe mouth if needed	Rinse or take a small drink of water

TEACHING TIPS

- Model first: exaggerate "spit!"
- Use a mirror so your child can watch themselves
- Start with water if toothpaste is too difficult
- Give short, simple directions:



Open mouth"

Spit

Good spitting!

REINFORCE SUCCESS

Praise immediately:

Nice spitting!

You got it in the sink!



You can also use:



Stickers



Tokens



Small rewards



Favorite activity after brushing

IF YOUR CHILD STRUGGLES

Problem: Swallows toothpaste



Try: Use very tiny toothpaste amounts first.

Problem: Doesn't know how to spit



Try: Practice spitting water during bath or sink play.

Problem: Avoids toothpaste taste



Try: Use mild or unflavored toothpaste.

REMEMBER

Keep practice short, calm, and consistent.
Small steps and repetition help build independence.

