



Books

Pony Brushes His Teeth
Michael Dahl

Maisy, Charley, and the Wobbly Tooth
Lucy Cousins

Tallulah the Tooth Fairy CEO
Tamara Pizzoli

ABC Dentist: Healthy Teeth from A to Z
Harriet Ziefert

Open Wide: Tooth School Inside
Laurie Keller

Max Goes To the Dentist
Adria F. Klein

Brush Your Teeth, Please
Leslie McGuire

Early Literacy Tip

Like reading, it's never too early to care about your teeth! Having healthy teeth and gums is important in a child's overall health. Teeth are an important part of a child's ability to speak, eat, and grow; cavities and gum disease can adversely affect a child's school readiness. Healthy kids make healthy adults: make brushing fun!

Fingerplays

My Toothbrush

(suit actions to words)

I have a little toothbrush
I hold it very tight
I brush my teeth each morning
And once again at night.

Dentist

If I were a dentist,
I know what I would do.
(Point to self)
I'd tell all the children, "Brush your teeth."
(Imitate brushing teeth)
"Keep a smile like new."
(Make a big smile and point to lips.)
And if a tiny hole should show,
I'd say, "Climb into my chair."
I'd make my little drill go
buzzzzzzzz,
(Make circle with fingers)
And put a filling there!
(Point to teeth)

Action Rhymes

Five Little Germs

(Tune: Five Little Ducks)

Five little germs went out to play,
In a child's mouth one day,
It had so much fun inside,
Until we flossed and then one died.

Four.....Three....Two....One...

No little germs are in my mouth,
Because I went and flossed them out
Now when the dentist looks inside
No little germs are left to hide.

Source: <http://tinyurl.com/mhptv7p>

You Brush Your Teeth

When you wake up in the morning
and it's quarter to one
and you want to have a little fun,
You brush your teeth
ch ch ch ch, ch ch ch ch....
When you wake up in the morning
and it's quarter to two
and you don't know what to do,
You brush your teeth
ch ch ch ch, ch ch ch ch....

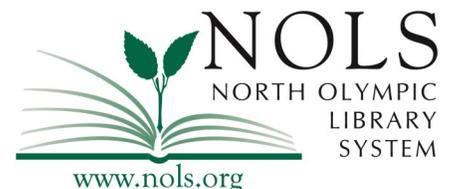
When you wake up in the morning
and it's quarter to three
You've got a great big smile for me,
You brush your teeth
ch ch ch ch, ch ch ch ch....

When you wake up in the morning
and it's quarter to four
and you hear a great big knock at
the door,
You brush your teeth
ch ch ch ch, ch ch ch ch....

When you wake up in the morning
and it's quarter to five
You're so happy to be alive,
You brush your teeth
ch ch ch ch, ch ch ch ch....

(Suggested action: hold up one finger, two fingers, etc., as you count; continue to hold those fingers out like a toothbrush and mime brushing--by number five you'll have a really big toothbrush!)

Source: King County Library System



Songs

Brushing

(Tune: *I've Been Working on the Railroad*)

I've been brushing with my toothbrush,
Brushing every day.

I've been brushing with my toothbrush,
It's how I fight decay.

All my teeth are gonna' sparkle,
How proud will I be.
Every time want to smile,
My teeth will shine for me!

Always brush your teeth,
Every single day.
Keep those cavities away!

Use your brush and paste,
Just the way you should,
For a smile that's looking good.

Source: *Pierce County Library System*
<http://tinyurl.com/m5lkxea>

Brush, Brush, Brush Your Teeth

(Tune: *Row, Row, Row Your Boat*)

Brush, brush, brush your teeth at
least two times a day.
Cleaning, cleaning, cleaning,
cleaning.
Fighting tooth decay.
Floss, floss, floss your teeth,
Every single day.
Gently, gently, gently, gently,
Whisking plaque away.
Rinse, rinse, rinse your teeth,
Every single day.
Swishing, swishing, swishing,
swishing,
Fighting tooth decay.

Source: *youthliterature.com*

Strong Bones, Strong Teeth

(Tune: *Old MacDonald Had A Farm*)

Old McDaniel had a farm,
E-I-E-I-Oh!
And on that farm he had a garden,
E-I-E-I-Oh!
There was Vitamin A here
And Vitamin C there
Fruits and vegetables every-
where...
Old McDaniel had a farm
E-I-E-I-Oh!

Old McDaniel had a farm
E-I-E-I-Oh!
And on the farm he had a cow
E-I-E-I-Oh!
There was tasty milk here
And good cheese there,
Strong bones, strong teeth
Everywhere...
Old McDaniel had a farm,
E-I-E-I-Oh!
Old McDaniel had a farm,
E-I-E-I-Oh!

And on that farm he had some
hogs,
Old McDaniel had a farm,
E-I-E-I-Oh!
There was protein here, and iron
there,
Rich blood, strong muscles
everywhere...
Old McDaniel had a farm,
E-I-E-I-Oh!

Source: *Pierce County Library System*
<http://tinyurl.com/m5lkxea>

Promise to My Tooth

(Tune: *Twinkle, Twinkle, Little Star*)

Twinkle, twinkle little tooth,
Here's a promise just for you
I will keep you from decay
I will brush you every day
Twinkle, twinkle little tooth,
That's my promise just for you.
Thanks for shining!

Source: *Pierce County Library System*
<http://tinyurl.com/m5lkxea>

Science & Math

Use a white egg to explore how soda can stain teeth. Drop an egg into a cup of cola and let it sit overnight. In the morning, take the egg out of the cup and observe any changes in color. Try using a toothbrush to see if any stains can be removed. Discuss the effects of drinking too much soda on teeth.

Arts & Crafts

Tooth Fairy Pocket

Use white felt and simple decorations to create a pocket for lost teeth. Use fabric glue to seal the sides.

Create Your Own Game

Gather pictures of different foods. Have kids sort them into foods that are healthy or bad for their teeth!

Make a Set of Chompers

Make a set of chompers using old egg cartons. Place crepe paper in between some of the "teeth" and practice flossing.



Questions about this kit?
Email youth services staff
at youth@nols.org or
contact staff at
(360) 417-8500 x7705.