



Tooth brushing songs



Sing to the tune of 'Twinkle, Twinkle, Little Star'

Got my toothpaste, got my brush,
I won't hurry, I won't rush.
Making sure my teeth are clean,
Front and back and in between.
When I brush for quite a while,
I will have a happy smile!

Sing to the tune of 'Row, row, row the boat'

Brush, brush, brush your teeth,
Before they all fall out.
Use a fluoride toothpaste
Make sure it's the right amount!

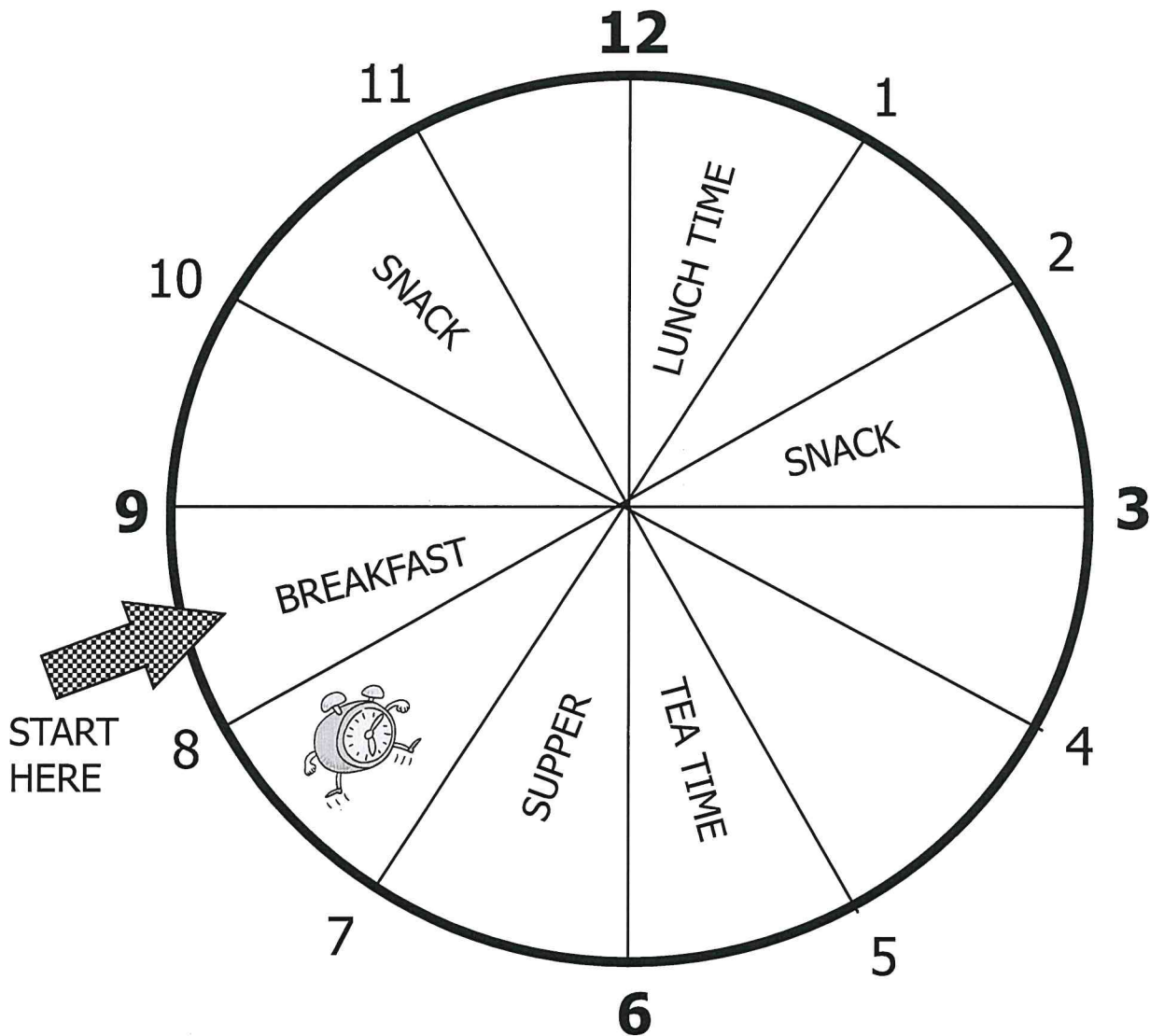


Sing to the tune of 'Twinkle, Twinkle, Little Star'

Brushing, brushing twice a day,
Takes the nasty germs away,
Do not eat those sugary snacks,
You'll give your mouth an acid attack,
Brushing, brushing twice a day,
Takes the nasty germs away.



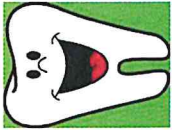
Daily Food Clock



Colour in the section red when you have eaten or drunk something sugary.

Colour the section green if you have eaten something savoury or kind to teeth.



Try to keep the red sections to just 4 times a day. That will help prevent holes in your teeth.



My brushing chart

Name _____ Age _____

Put a smiley face or a tick in the box every time you brush your teeth and gums!

 morning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 bedtime	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Parents!

Children should have their own toothbrush and be supervised at all times when brushing.

Children over 3 years old should use a small 'pea-sized' amount of family fluoride toothpaste, then spit out – not rinse out!

Children under 3 should have a smear of toothpaste on the brush.

