

Teeth Brushing Activity

Supplies for activities needed:

- Toothbrush
- Toothpaste
- Sink
- A cup (optional)

- School Readiness Outcomes (SRO) goals met:
 - This activity can give children a chance to participate in routines without being asked.

- Instructions
 1. First, have the child find where their toothbrush and toothpaste are. They will need to be stationed at the sink for this activity. In addition, a small cup may be needed if the child wishes to rinse their mouth with water after brushing their teeth.
 2. The second step can start with two options. One, the child can get their toothbrush wet and then add toothpaste. Two, the child can put toothpaste on their toothbrush and then get their toothbrush wet. Either choice is okay, whatever the

child chooses. Only a PEA-sized amount of toothpaste is needed on the toothbrush (if the child needs to use a frozen pea as a guide, that is okay!).

3. After the toothpaste is added to the toothbrush and wet, the child will brush their teeth in a circular motion that is comfortable to the child's teeth. Their teeth should be brushed for at least 1 minute and 30 seconds or 2 minutes. Singing "Happy Birthday" twice or your "ABCs" twice while brushing the teeth is the perfect amount of time. These songs also give the child a chance to have fun while brushing their teeth!
4. After the teeth have been properly brushed, the child can spit their toothpaste into the sink. The child can rinse out their toothbrush and the sink to get rid of their toothpaste and spit. The child can also rinse their mouth out with a cup of water or water cupped in their hand and spit back into the sink (this can be optional, but suggested).
5. After the toothbrush is dried off with a towel and the mouth is rinsed, the toothbrush and toothpaste can be put back.
6. The child should brush their teeth at least twice a day (after breakfast/morning and before bed/night) or an additional time after lunch. Having the child brush their teeth with an

adult at first is a great learning experience for the child as they will mimic the adult's actions and start to brush their teeth on their own!

