



## Expanded Learning Activities for “Brush Your Teeth Please”

Brought to you by the Early Childhood Dental Network

This book is  
recommended for  
children ages 1 and up.

### For the adult caregiver reading this book:

This fun, pop-up book will help your child(ren) practice the motions of brushing—up and down, back and forth, back teeth, front teeth and every single tooth. End by “flossing” and examining your own teeth. This book provides great examples to teach early math concepts of: top, bottom, sides, up and down, inside and out, and counting teeth.

Before you read, provide each child with their own, new toothbrush or explain to the child(ren) how to hold a pretend toothbrush.

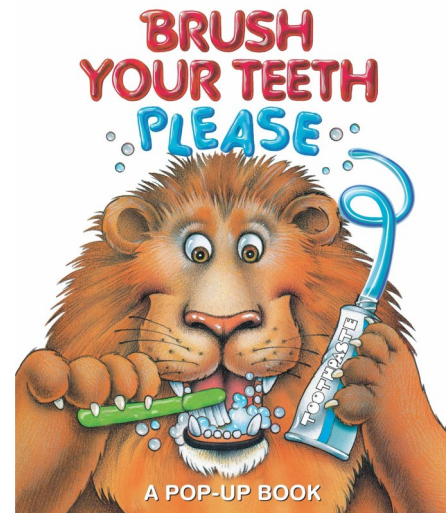
*Note: If you use real toothbrushes, remember not to share toothbrushes and to rinse and put them away properly when activity is complete.*

Explain the concepts of: inside the mouth, outside the mouth, top teeth and bottom teeth, by pointing to your own mouth or to the puppet provided in this pack.

While you read, pause after each page and help the child (ren) imitate the motion.

- Up and down
- Back and forth
- Brush back teeth
- Brush front teeth
- Brush each tooth with a small, circular motion

On the flossing page, with the shark, count the teeth together and aloud with the child(ren), then floss the shark’s teeth.



### Song to Sing

#### “A Toothbrush”

*Sung to the tune of Yankee Doodle*

Of all the things around the town  
A toothbrush is a dandy.  
Brush up and down and all around  
And stay away from candy!

### Activity

Take the laminated tooth page provided, or draw a giant tooth on a piece of paper. Sprinkle it with tiny torn up pieces of colored paper. Have the child(ren) use an old toothbrush, a paint brush or other brush to “brush” the tooth and clean it of all the “food.” Use terms like, “top of the tooth,” “bottom of the tooth,” and “all around.”

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