

Brushing My Teeth: Ages 5-Kindergarten

Having a tooth brushing routine and schedule will help your child:

- Maintain a healthy mouth
- Become independent
- Understand the importance of a healthy mouth



Ideas to try with your child:

- Post a picture routine in your bathroom (like the one on the back of this sheet) and refer to it often.
- Have your child pick out her own toothbrush and toothpaste.
- Give your child choices:
 - “Would you like to use the Elmo toothbrush or the purple toothbrush?”

If your child is struggling:

- Let your child brush *your* teeth and then help them brush theirs.
- Choose a song (like the ABCs) to sing during tooth brushing time.
- Check out books from the library that teach your child about healthy teeth.
 - *Brush Your Teeth Please* by Leslie McGuire
 - *The Tooth Book: A Guide to Healthy Teeth and Gums* by Edward Miller
 - *I Know Why I Brush My Teeth (Sam's Science)* by Kate Rowan

Going further:

- Do an experiment to discover the importance of brushing your teeth:
 - Put an egg in a glass and cover it with pop/soda.
 - Leave it for several days and watch what happens to the egg.
 - Discuss how this same thing could happen to your teeth if you don't brush them every day.
- Make up your own song to sing during tooth brushing.

The WA State Department of Early Learning and the Richland School District believes that parents, families, and caregivers are young children's best teachers. This resource guide, part of *Strong Foundations for School: Resource Guides for Parents of Young Children*, highlights a key developmental skill for **children of Kindergarten age** that parents can help improve at home.

Example of Tooth Brushing Routine



I BRUSH MY TEETH

1

Squeeze toothpaste onto your toothbrush.



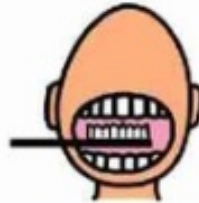
2

Hold toothbrush under the tap.



3

Brush your teeth.



4

Spit the toothpaste into the sink.



5

Rinse your mouth and smile.

