

LET'S BRUSH CHOMPER'S TEETH!

Oral health activity



As children get to know their bodies and how they work, it's a great time to help them start to learn basic self-care skills.

What you need

- **Let's brush!** (child-friendly instructions)
- **Let's brush! with Tash & Chomper** video
- Alligator toothbrushing demonstration puppet ('Chomper')
- Toothbrush



What children are learning

- Developing self-help skills
- Following cues and remembering instructions for brushing teeth
- Showing an increasing awareness of healthy lifestyles
- Building a sense of agency as children take increasing responsibility in basic health



Watch Tash and Chomper explain the 4 steps of toothbrushing.



What to do

Watch 'Let's brush! with Tash & Chomper' video, then use your Chomper puppet and toothbrush to explain the 4 steps of toothbrushing:

1 We start by brushing the **OUTSIDE** of our teeth.

- "Make a big smile like a monkey!"
- "Let's brush all our teeth and gums by moving the brush in **circles**."

2 Next we brush the **INSIDES** of our teeth.

- "Open wide and ROAR like a lion!"
- "Let's brush all our teeth by moving the brush in **circles** – **circles** on the TOP and **circles** on the BOTTOM."

3 Then we brush our **BACK** teeth.

- "Remember to keep roaring like a lion!"
- "Let's brush all our back teeth by moving the brush **back-and-forth** – **back-and-forth** on the TOP and **back-and-forth** on the BOTTOM."

4 To finish, we **SPIT OUT** the toothpaste bubbles.

- "Don't rinse with water."

MORE ACTIVITY IDEAS

Talking to children

- "We brush our teeth every morning and every night."
- "Brushing our teeth with toothpaste makes them strong and healthy."
- "What are we doing when we brush our teeth? Brushing away the germs and very small pieces of food."
- "I wonder what would happen if we didn't brush our teeth?" Explain that teeth can get "sick."

Let's read a book

Brush Your Teeth Please by Leslie McGuire
Ginger McFlea Will Not Clean Her Teeth by Lee Fox
Ready, Set, Brush! (Sesame Street) by Matt Mitter
The Going to Bed Book by Sandra Boynton
Maisy Goes to Bed by Lucy Cousins

You can find a lot of children's books on the subject at your local public library.



Let's sing along (videos)

The Tooth Brushing Song by Queensland Health
Brush Your Teeth Song by Caitee from Super Simple Play
Brushy Brush by Sesame Street
Brush Your Teeth by Pinkfong Songs for Children
Good For Your Health by The Teeny Tiny Stevies - you'll find the lyrics [here](#)

Let's watch a video

Let's brush! with Tash and Chomper (in English and 9 other community languages) by DHSV
How to brush your teeth by British Council

Let's play and learn

ACTIVITY: **Brushing giant teeth**
ACTIVITY: **Brush off monsters**

Let's sing a song

Brush Brush Brush Your Teeth

(To the tune of "Row, Row, Row Your Boat")

*Brush, brush, brush your teeth,
Gently round your gums.
Merrily, merrily, merrily, merrily,
Brushing is such fun!*

*Brush, brush, brush your teeth,
Brush them every day.
The front, the sides, the back, the top,
To keep decay (or the bugs or germs) away.*



This is the Way We Brush Our Teeth

(To the tune of "Here We Go 'Round the Mulberry Bush")

*This is the way I brush my teeth,
Brush my teeth, brush my teeth,
This is the way I brush my teeth,
So early in the morning.*



*This is the way my toothbrush goes,
Round and round, round and round,
This is the way my toothbrush goes,
So early in the morning.*

Make up your own words for additional verses:

e.g. *This is the way I brush in the back, brush in the back, brush in the back... This is the way I brush my tongue, brush my tongue, brush my tongue...*

What children are learning (links to the VEYLDF)

Outcome 3: Wellbeing

Children take increasing responsibility for their own health and physical wellbeing