

Brush Your Teeth Every Day

THE THREE BILLY GOATS GRUFF



Domain:

- Self-Help, Fine Motor

Objectives:

- Child will demonstrate knowledge of the importance of brushing your teeth each day.
- Child will squeeze appropriate amount of toothpaste onto the toothbrush.
- Child will brush teeth using horizontal and vertical motions.
- Child will rinse mouth and toothbrush after brushing.

Materials:

- one toothbrush for each child
- toothpaste
- *Toothbrush Chant*
- *The Three Billy Goats Gruff* storybook
- permanent marker
- sink and running water
- cup



Instructions:

- Acquire one toothbrush for each child. Write their name on the handle with a permanent marker.
- Read *The Three Billy Goats Gruff*. Show illustrations of the troll's ugly teeth. He has not taken good care of them and they need brushing. Explain the importance of brushing your teeth in the morning and at bedtime.
- Introduce the *Toothbrush Chant*. Practice imitating the up, down, and sideways movements.
- Give each child their own toothbrush and have them practice the movements without toothpaste.
- Move to the sink area and demonstrate how to wet the toothbrush and apply only a dab of toothpaste. Demonstrate appropriate teeth brushing procedures.
- Allow each child the opportunity to wet their toothbrush, apply toothpaste and brush their teeth.
- Recite *Toothbrush Chant* for each child as they brush their teeth.
- Pour a small amount of water in a cup and demonstrate how to rinse their mouth after brushing.



These written instructions are not included on the colored CD. Colored CD's contain graphics only.



Brush every morning and night,
and your smile will be a delight.

