



**Brush
Chomper's
teeth**

Puppet Play

Let's make brushing teeth fun!
 Help children become familiar with and develop a positive attitude to brushing teeth, and learn child-friendly cues to take an active role in brushing.


 Download **Let's brush!**
 A4 poster for each family
www.dhsv.link/Storytime



Materials



- ★ Chomper toothbrushing puppet
- ★ Oversized toothbrush

Preparation

- Watch Tash and Chomper explain the 4 steps of toothbrushing here: youtu.be/TWA6UWUwkh8
- Visit YouTube channel @VicDental and watch **Let's brush! With Tash and Chomper**
- A copy of **Let's brush!** A4 Poster for each family

Talking points

- ★ **Brushing your teeth helps keep them clean and healthy.**
- ★ **We brush our teeth every morning and every night before bed.**
- ★ **“What are we doing when we brush our teeth?” Brushing the germs and very small pieces of food off our teeth.**
- ★ **“I wonder what would happen if we didn't brush our teeth?”**

Method

Use the books to talk about brushing teeth.

Demonstrate how to brush with Chomper the puppet (follow along with the Let's brush! handout – it's a helpful cheat sheet!)

To brush my teeth I need a soft toothbrush and low-fluoride toothpaste.

Fluoride toothpaste makes your teeth strong and clean – and you only need a little bit, about the size of a pea.

1. We start by brushing the **outside** of your teeth.
Make a big smile like a monkey.
We brush all our teeth and gums by moving the brush in **circles**.
Circles on the top and circles on the bottom.
2. Next we brush the **insides** of your teeth.
Open wide and roar like a lion!
We brush all our teeth by moving the brush in circles.
Circles on the top and circles on the bottom.
3. Then we brush the **back** teeth – that's where the food gets stuck and germs hide.
Remember to keep roaring like a lion!
We brush our back teeth by moving the toothbrush back-and-forth.
Back-and-forth on the top and **back-and-forth** on the bottom.
4. And to finish, we **spit out** the toothpaste bubbles.
We don't swallow and we don't rinse with water.

