

Talking about toothbrushing at Storytime

Talking points for families

Today we're going to talk about brushing teeth.

Let's make brushing fun – for kids and families! We'll play together, read a story and sing a song. We'll brush 'Chompers' teeth together using simple child-friendly cues and actions that help children take part in brushing their teeth.

Our teeth do important jobs – we use our teeth to talk, eat and smile! So, we brush our teeth twice a day to keep them healthy (and prevent decay).

As children grow and want to be more independent, we can help them develop self-care skills, like brushing teeth – just like we help them learn other everyday health practices, such as washing their hands and covering their coughs.

Talking points for children

Teeth can get sick. It's important we look after our teeth.

We brush our teeth (with fluoride toothpaste) to keep them clean, strong and healthy.

A grown-up helps you brush the tricky bits.

Cues for brushing: We brush in circles and back-and-forth. We brush inside and outside, top and bottom.

Brushing our teeth is something we do every day. We brush our teeth every morning and every night before bed. It is part of our bedtime routine – and morning routine.

We spit out the toothpaste bubbles after we finish brushing (we don't rinse with water).

Resources

These resources include all the information you need to talk to children and families about toothbrushing.



How to brush your child's teeth! A4 handout

www.dhsv.link/Storytime



Let's brush! decal (with child-friendly instructions)

www.dhsv.link/Storytime

