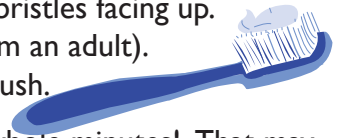




Learn to brush your teeth with us!

We're **Caitlin** and **Carter**, the **Caring Tree Kids**. Let's brush our teeth together.

First, put your toothbrush on the counter with the bristles facing up. Then, carefully open the toothpaste (or get help from an adult). Squeeze a pea-sized amount gently on your toothbrush.



It's important to brush your teeth for at least two whole minutes! That may seem like a long time, but your teeth have fronts, backs, and tops.

Ask an adult to play your favorite song (it has to be at least two minutes long) while you brush. That way, you'll be sure to get all your teeth really squeaky clean.

We are going to pay close attention to our back teeth – these are our **Molars**. These are the teeth you use to chew your food! Brush on top and bottom, in front and back. Ask an adult to show you how to angle your brush to reach near your gums.

Next, we will brush our front teeth. Brush front and back, even near your tongue and the top (roof) of your mouth. Your tongue is feeling lonely. Be sure you brush your tongue carefully.

Do you need help with dental floss? Ask an adult to help. If you stretch the floss from your wrist to your elbow, you should have enough to do your teeth. Be sure to floss between all your teeth – don't leave any of them out.

Is your song still playing? Great!

Don't forget to spit out the extra toothpaste – you don't want to swallow any.

Wow! Our teeth feel really clean! How about yours?

				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

NAME _____