

# ACTIVITY TIME

## My Teeth

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Open wide, it's time to have your teeth cleaned! Have fun setting up your own dental clinic and take turns with your child pretending to be the dentist or the patient. Pretend play is often a natural process for children but it's more than simple play. As they use objects to represent something else, or assign themselves and others roles and then act them out, it builds important language skills, social and emotional skills, problem solving skills and thinking skills. As your child plays in their dental clinic, encourage them to use every day items or the items from our template to spark their imagination and become a dentist!

## Dental Play

### What you need:

- Dental Play template items
- Soft toys or dolls to be the dentist or patient
- Chair or cushions for dentist chair.

### Some ideas for play:

- Set up the dental clinic together and try to find a space where it can stay set up for a few days or weeks. This means your child can keep developing and extending their play.
- Take turns being the dentist and the patient or pretend that the teddy or doll is the patient visiting the dentist.
- Use the pretend utensils from the template or everyday objects from around home to act out the play.
- Does the dentist wear a special badge?
- Does the patient sit on special chair? Do they need to wear special glasses?
- What is the dentist going to do? They may look at the teeth with a mirror, brush them clean, count how many teeth, check for cavities/holes and talk about what foods are healthy for your teeth.
- Does the patient get a sticker for visiting the dentist?

## Songs to sing

*Heads Shoulders Knees and Toes*, and *This Is The Way We Brush Our Teeth*  
here: [https://www.youtube.com/watch?v=Pd4WnsXwdqw&feature=emb\\_title](https://www.youtube.com/watch?v=Pd4WnsXwdqw&feature=emb_title)

## Key message

Good Nutrition, Health and Exercise are Critical.



**Adult supervision is essential. Involve and talk with your child as much as possible.**



**\*You can introduce simple Science Technology, Engineering & Maths (STEM) concepts to children aged 2+ years through every day play.**

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