

ACTIVITY TIME

My Teeth

Author and illustrator, Danny Snell

Did you know that a Tyrannosaurus Rex had sixty teeth? I wonder how many teeth you have? This book will have you and your child thinking, wondering, asking questions and talking! Discover the formation of a tooth and why your teeth are special and need special care. Take a look at your teeth in the mirror. What can you see? Are your teeth different sizes? Where is your gum? Can you remember the names of the different teeth? Talk often about the food that helps keep your teeth strong and healthy and the importance of brushing both morning and night. Plan a trip to the dentist and take the book along to show and talk about, with the dentist! Help your child form good habits right from the start using this book, and the tooth brushing chart as a fun way to guide them.

Tooth Brushing Chart

You will need:

- Tooth Brushing Chart template
- Toothbrush and toothpaste
- Star stickers, crayon, pencil or texta.

Instructions:

To keep re-using your chart, print and laminate or print multiple copies.

1. Start using the chart on a Sunday.
2. Brush your teeth with toothpaste in the morning for around 2 minutes – up and down, front and back and sideways.
3. Smile in the mirror.
4. Now colour in or sticker the tick for Sunday morning – well done!
5. Repeat in the evening and for every other day of the week both morning and night.

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

Key message

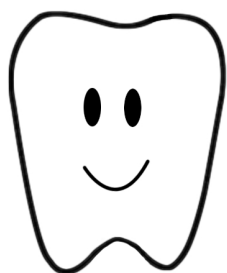
Good Nutrition, Health and Exercise are Critical.



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.**



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

