



All about... Tooth Brushing



Did you know that...

- Dentists recommend you brush your teeth at least twice a day, preferably in the morning before breakfast and at night before bed.
- Dentists also recommend children use soft bristle tooth brushes and brush for at least 2-3 minutes and to make sure you brush all your teeth and not just your front ones.
- Dentists also recommend you replace your tooth brush every 3 months.
- Children should only use a pea- sized amount of toothpaste on their brush
- Before toothpaste was invented people would use things like ground up chalk or charcoal, lemon juice or ash left over from camp fires. It was only around 100 years ago someone made a minty paste to use for cleaning teeth.

Recycle your old toothbrushes

When you are finished with you old tooth brushes don't just throw them away. They can be re used...

Use them to clean your shoes outside.

If you have a mud kitchen add it to your resources, can also make for a fun outdoor tool to have.

You could use it to help clean your front door or the inside of your car.

Things to do at home...

To learn more about tooth brushing here is a helpful web page to check out:

<https://www.aquafresh.co.uk/kids/little-teeth.html>

You could also try singing the tooth brushing song to make tooth brushing a little bit more fun.

Brushing

to the tune of Twinkle, Twinkle Little Star

Brushing, brushing, brush this way,
Keeps our teeth clean every day.

Once in the morning, then at noon,
And at night when we see the moon.

Brushing, brushing, brush this way,
Keeps our teeth healthy every day.

