



**February is Dental Health Month so here are some activities
picked just for you to sink your teeth into!**

Practice brushing: Cut a white egg carton into sets of 3 or 4 “teeth”. Show your child how to open a tube of toothpaste and put a small amount on a toothbrush. Explain that toothpaste is not for eating but for cleaning! Then, spread a little paint onto the set of teeth with a color that represents a dark drink, like soda. Have your child dip the toothbrush with the toothpaste on it into a glass of water and then brush the soda off of the teeth. Repeat using different colors of paint and asking your child what food or drink the color represents. Make sure your child brushes up and down, and on the front and back of the teeth!

Practice flossing: Take the same set of egg carton teeth to show your child how to floss. Talk to them about how they just brushed the set of teeth and how clean they are but sometimes food gets stuck in between teeth. Stick some small pieces of tissue paper in between the teeth to represent food that needs to be removed. Using a piece of string, show your child how to move the string through the teeth to get out the food. Show them a real piece of dental floss after practicing so they will know what to use on their own teeth!

Losing teeth: Explain to your child that one day they will lose their baby teeth and then permanent teeth will replace them and stay forever! To play a game with this concept, cut out two oval shapes using pink paper and draw small circles using a white crayon. You and your child place small marshmallows on the circles and then take turns rolling a dice. Whatever numbers appears is how many teeth you will lose. Help your child count the number on the dice and then take that many teeth (marshmallows) out of the mouth. After one of you have lost all of your teeth, start growing in permanent teeth by rolling the dice and putting in larger marshmallows to represent the permanent teeth. The first one of you to fill your mouth with permanent teeth is the winner!