



Time to Brush Your Teeth, Little Bug!

It's time for Little Bug to learn to brush his teeth! This book does an excellent job of explaining why it is essential to brush teeth, how to brush teeth, and the role of the dentist in keeping your teeth healthy. Make a chart to keep in the bathroom and have some bug/insect stickers nearby! Every morning and every night before bed, remind your child to brush their teeth. After they do, they get to put a "little bug" sticker on their chart. Come up with a specific number of times they brush in a row that will result in a reward! Maybe they get to pick out the new toothpaste or toothbrush they want from the store! Perhaps they get to choose a special cup to fill with water to spit out the toothpaste after brushing. You won't have to do rewards forever! Just until brushing their teeth becomes a habit!

