



Birth - 3 ECFE Distance Learning

2020/2021

Week of: February 22nd, 2021 Focus: I Can Take Care of My Teeth

Music and Movement

Got My Toothpaste

(Tune: "Twinkle, Twinkle, Little Star")

Got my toothpaste, got my brush,
I won't hurry, I won't rush.
Making sure my teeth are clean,
Front and back and in between.
When I brush for quite a while,
I will have a happy smile!



Brush Your teeth

(Tune: "Row, Row Row your Boat")

Brush, brush, brush your teeth.
At least two times a day.
Cleaning, cleaning, cleaning, cleaning,
Fighting tooth decay.

Floss, floss, floss your teeth.
Every single day.
Gently, gently, gently, gently,
Whisking plaque away.

Rinse, rinse, rinse your teeth
Every single day.
Swishing, swishing, swishing, swishing,
Fighting tooth decay.

Creative Corner



Toothbrush Creations

Materials:

- old toothbrushes
- several colors of paint (can also use toothpaste tinted with food coloring or shaving cream - adds a fun scent!)
- paper

Directions:

- dip toothbrush into paint, tinted toothpaste, or shaving cream and brush on paper
- talk about the patterns the toothbrush strokes make on the paper
- observe how the patterns change depending if you paint with the toothbrush moving back/forth; up/down; side to side



Book Nook



Brush, Brush, Brush by Alicia Padron

<https://www.youtube.com/watch?v=UCENi25B7PA>

When you are finished listening to the story, ask your child the following questions:

- When did the little boy and girl in the story brush their teeth?
- How did the little boy and girl in the story brush their teeth?

I Know How to Brush My Teeth



Materials:

- egg carton - cut into sections to represent teeth
- toothbrush
- toothpaste (can also use paint, shaving cream)
- dental floss (yarn or string work well too)

Directions:

- Talk about why it is important to take care of our teeth
- Show your child how to brush up/down; back/forth; top/bottom
- Demonstrate how to floss teeth
- Give your child the materials above, and have them practice brushing and flossing their egg carton teeth

This activity:

- teaches children about taking care of their teeth
- strengthens fine motor skills
- promotes eye/hand coordination
- teaches positional words and opposites