



Brushing Your Teeth

3 years to 4 years

Objective: The child can use fine-motor skills through holding a toothbrush and painting teeth.

Materials needed:

Teeth Cutout (print from resources page)

Kid-friendly toothpaste

A toothbrush

Procedures:

What's one place in our community that we all hate going? THE DENTIST! So, here's a fun brushing our teeth activity, where no one gets hurt!

1. Have your child sit at a small table and wear an old shirt for this activity; for it will get messy!
2. Put a small amount of kid-friendly toothpaste (child toothpaste for safety reasons if some does end up in their mouth is recommended) on a paper plate.
3. Put the picture of the teeth on the tray in front of your child.
4. Hand them the toothbrush to hold.



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5. Show your child what to do, dipping the toothbrush into the toothpaste, and then “painting” with it on the teeth picture.

6. Have them try and do on their own. Help as needed, and continue painting for as long as they show interest. Remind them the toothbrush and paste is for painting only; not for actually using in their mouths. Redirect as needed.

Milestones to meet:

The child can use fine-motor development in holding a toothbrush. The child can paint a picture. The child shows willingness to stay inside the lines of a picture when painting.

Evaluation:

Did this lesson work for your child? Why or why not?