

Activity: Let's make a toothbrush

What you need

- ★ Wooden stir sticks or icy pole sticks
- ★ Paper
- ★ Glue or sticky tape
- ★ Crayons or textas



What to do

Help children make toothbrushes.

Make a brush handle out of icy pole sticks. Write child's name on the handle.

Children can colour in the handle.

Draw lines and have children cut up the lines to make bristles for your toothbrush.

Glue brush onto handle.

Ask children:

Talk to the children about our teeth and how to keep our teeth clean and healthy.

Key messages for children

- ★ To keep teeth healthy we brush every morning and every night before bed
- ★ Tooth brushing with fluoride toothpaste keeps teeth clean, healthy and strong
- ★ Spit out the toothpaste after you finish brushing
- ★ A grown up needs to help you brush your teeth
- ★ If we don't brush our teeth they can get holes and that makes them sore

