



# Healthy Teeth

## Fun learning activities

for children 0-5 years

## Acknowledgements

This resource was developed by Dental Health Services Victoria (DHSV), the leading public oral health agency in Victoria, in collaboration with a number of key early childhood organisations, early childhood professionals, supported playgroup facilitators and families. The Healthy Families, Healthy Smiles initiative is funded by the Victorian Government Department of Health and Human Services.

The dental health information is based on the evidence-based Oral Health Messages for the Australian Public and the nutrition information is based on the Australian Guide to Healthy Eating and the Infant Feeding Guidelines. The information relates to young children, from birth to 5 years, and represents the most up to date recommendations in Australia. The Practice Principles in the Victorian Early Years Learning and Development Framework (VEYLDF) have been used as a guide in developing these resources to ensure the best outcomes for every child.

In designing this collection of activities we've drawn on elements from the Family Partnership Model. The aim is to empower families by working in partnership, supporting families in their role as the child's first teacher and building on their strengths.

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This document describes the generally accepted knowledge at the time of publication. It is only a guide and is a general summary of early childhood oral health knowledge. Readers are encouraged to update their knowledge on early childhood oral health through a continued partnership with the Health Promotion Unit of Dental Health Services Victoria.

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Dental Health Services Victoria Health Promotion Unit 2020

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The complete list of storybooks and songs about dental health topics and where to find more



## Section 1:

# Introduction

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Most people would be surprised to learn how common tooth decay is, with around one half of Australian children aged five to six years having decay in their baby teeth.

Tooth decay can be painful, can make it hard to chew and talk and cause problems sleeping. Children may have a hard time relaxing, sitting still and paying attention, all which can affect their growth, learning and development.

We know that many parents, despite meaning well, are confused about children's dental care. With questions like, how early to start daily care of their children's teeth, recommendations about brushing teeth, diet and when to see the dentist for a check-up.

Tooth decay is largely preventable. And you don't have to be a dental professional to be able to help.

With this resource we aim to increase awareness of the importance of dental health and support parents of children from birth to five years to keep teeth healthy and prevent problems. The program is designed to build the capacity of professionals working with young children and families. The toolkit supports professionals to engage families with tools, resources and activities.

Sharing simple steps now will help families set up good dental health habits that keep teeth strong and healthy – for life.

# The messages

These **key messages** describe healthy habits that protect healthy teeth and prevent tooth decay. Share this information with families to support them to develop good dental health habits.

This booklet is separated into 6 dental health topics. In each topic, you'll find activities, storybooks, and songs, and talking points for children.

## Key messages

## Toolkit topics

|  |   |
|--|---|
| <b>Baby teeth are important</b>                              | <b>Let's talk about: baby teeth</b>                           |
| <b>Take care of baby teeth as soon as they appear</b>        |   |
| <b>Brush teeth twice a day</b>                               | <b>Let's talk about: brushing teeth</b>                       |
| <b>Limit fruit juice and sugary drinks</b>                   | <b>Let's talk about: sugar</b>                                |
| <b>Reduce sugary snacks</b>                                  |   |
| <b>Water and milk are the best drinks for children</b>       | <b>Let's talk about: the best drinks for children</b>         |
| <b>Don't put baby to bed with a bottle</b>                   |   |
| <b>From 6 months help you baby learn to drink from a cup</b> |   |
| <b>Foods good for your teeth – and body</b>                  | <b>Let's talk about: foods good for your teeth – and body</b> |
| <b>Have your child's teeth checked before 2 years of age</b> | <b>Let's talk about: having a dental check up</b>             |

## Sharing the messages

This booklet also includes resources and activities to help you talk to children and families about dental health.



The **workshop** supports professionals with basic dental health knowledge and builds confidence to talk to children and families about dental health topics.

Use the **flipchart** tool to share information with parents and caregivers. Each flipchart page covers a key dental health message and is illustrated with photos.

There are also **Tip Sheets** for parents and **information bites** to share in newsletters, emails, and social media.

Download from the Dental Health Services Victoria website [www.dhsv.org.au](http://www.dhsv.org.au).

See Professionals >> Oral health resources

## Using this resource

In this booklet you will find fun and easy-to-use activities, storybook ideas and songs.

This kit includes both family-centred activities as well as parent-centred activities.

Find more activities and resources here: <https://dhsv.link/healthyteethactivities>

This collection of activities is just the start. We created this booklet to provide, information, tips and resources – and inspiration! We encourage you to work with children, families and your local community to develop and use your own ideas.



### Sharing with families

activities with this icon are designed for children and parents to do together to learn about dental health in a playful way. Use the 'Key messages for children' to start a conversation and encourage children's learning.



### Sharing with parents

activities with this icon are designed to promote discussion with parents and caregivers, and encourage families to share and learn from each other's ideas and experiences.



## Section 2:

# Activities



Let's talk about: baby teeth

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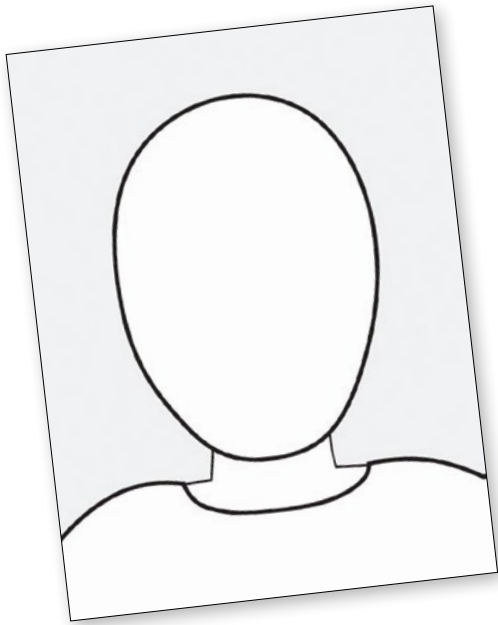
Let's talk about: a dental check-up

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Let's talk about:

# baby teeth

# Activity: Show me your smile



## Key messages for children

- ★ Teeth are an important part of our body.
- ★ Teeth have three main jobs – smiling, talking and eating.
- ★ Healthy means that you are not sick and that your body feels good. It means you can play, learn and grow.
- ★ Teeth can get sick. It's important to look after our teeth.

## What you will need

- ★ Copy of a **blank face outline** for each child
- ★ Crayons or textas

Download **blank face outline**

Dental Health Services website

[www.dhsv.org.au/oral-health-programs/hfhs/healthy-little-smiles](http://www.dhsv.org.au/oral-health-programs/hfhs/healthy-little-smiles)



## What to do

Give each child a copy of the blank face outline.

Ask the children to draw their smiles on the face (and any other features they wish to show – eyes, eyebrows, nose, and so on).

## Ask children

Talk to the children about what their mouth and teeth do.

**Why do we need our teeth?**

To help us smile (eat and talk).

**What part of a person's mouth can you see when a person smiles?**

**Show me your smiles!**

## Activity: Silly smile mask



### Key messages for children

- ★ Teeth are an important part of our body.
- ★ Teeth have three main jobs – smiling, talking and eating.
- ★ Healthy means that you are not sick and that your body feels good. It means you can play, learn and grow.
- ★ Teeth can get sick. It's important to look after our teeth.

### What you will need

- ★ Paper plates – cut in half
- ★ Wooden stir sticks or icy pole sticks
- ★ Glue or sticky tape
- ★ Crayons or textas

### What to do

Make your own silly smile using a paper plate cut in half. Invite children to colour the mouth and draw teeth.

### Ask children

Talk to the children about what their mouth and teeth do.

#### ***Why do we need our teeth?***

To help us smile (eat and talk).

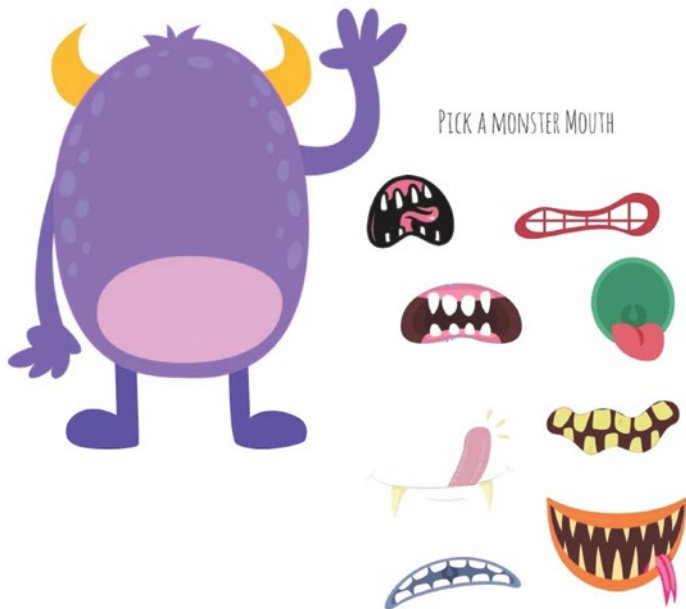
#### ***Show me your smiles!***

***What can we do to keep our mouth and teeth healthy?***

# Activity: Create-A-Monster



CREATE-A-MONSTER



## Key messages for children

- ★ Teeth are an important part of our body.
- ★ Teeth have three main jobs – smiling, talking and eating.
- ★ Healthy means that you are not sick and that your body feels good. It means you can play, learn and grow.
- ★ Teeth can get sick. It's important to look after our teeth.

## What you will need

- ★ **Create-A-Monster** pages – monster, mouth and eyes
- ★ Scissors
- ★ Glue

Download **Create-A-Monster**

Just Plum Crazy website

[www.plumcrazyaboutcoupons.com/  
create-a-monster-free-printable/](http://www.plumcrazyaboutcoupons.com/create-a-monster-free-printable/)



## What to do

These monsters have lost their teeth!  
Let's give him new teeth (and eyes).

### Ask children

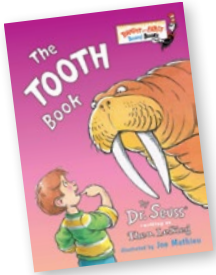
***These monsters have lost their teeth!  
They look funny.***

***Why do we need our teeth?***  
To help us eat, talk and smile.

***Can these monsters talk?***  
Eat? Smile?

***Let's give him new teeth (and eyes).***

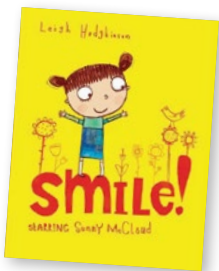
# Storybooks



## The Tooth Book

**Dr. Seuss**

In this jaunty rhyming tale, Dr. Seuss takes a hilarious look at teeth, where to find them, what we do with them and how to look after them!



## Smile (A Sunny McCloud Book)

**Leigh Hodgkinson**

Sunny has lost something terribly important – her smile! She searches everywhere: under the sofa, in the dog basket, in all her pockets, yet it's nowhere to be found. But while she is busy searching and playing and having fun looking something special happens, and she realises that happiness is just under your nose

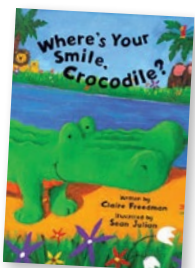


## Augustus and His Smile

**Catherine Rayner**

Augustus is a tiger, who though large and fearless, is sad, because he has lost his smile. He goes on a journey to find it, but despite looking everywhere, he fails.

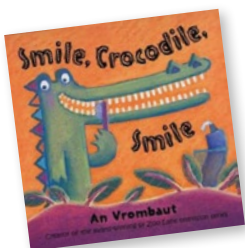
Only when it begins to rain and a puddle forms does he find his smile staring back from his reflection, and realises that he will always have his smile, whenever he is happy.



## Where's Your Smile, Crocodile?

**Claire Freedman & Sean Julian**

Kyle the crocodile wakes up one morning to find that he has lost his smile and nothing his friends can do can help him find it. Not until he meets a lost lion cub and Kyle learns that helping someone in trouble can be a great way to find your smile again.



## Smile, Crocodile, Smile

**An Vrombaut**

In this story we meet Clarabella Crocodile who has so many teeth that tooth-brushing time can last all day and she misses out on playtime - until her friends come to her rescue.

## Songs

### Smile, Talk, Chew

(sing to the tune of "The Wheels on the Bus")

***This is the way we use our teeth, use our teeth, use our teeth.***

***This is the way we use our teeth, all day long.***

***This is the way we use our teeth, use our teeth, use our teeth.***

***This is the way we use our teeth, smile, smile, smile.***

***This is the way we use our teeth, use our teeth, use our teeth.***

***This is the way we use our teeth, talk, talk, talk.***

***This is the way we use our teeth, use our teeth, use our teeth.***

***This is the way we use our teeth, chew, chew, chew.***

***This is the way we use our teeth, use our teeth, use our teeth.***

***This is the way we use our teeth, smile, talk, chew.***



### If You're Happy and You Know it Give A Smile

(sing to "If You're Happy and You Know It")

***If you're happy and you know it, show your teeth!*** (Show teeth)

***If you're happy and you know it, show your teeth!*** (Show teeth)

***If you're happy and you know it then your face will surely show it, if you're happy and you know it, show your teeth!*** (Show teeth)

***If you're happy and you know it, brush your teeth!***  
(Make circular motions in front of face)

***If you're happy and you know it, brush your teeth!***  
(Make circular motions in front of face)

***If you're happy and you know it then your face will surely show it, if you're happy and you know it, brush your teeth!***  
(Make circular motions in front of face)

***If you're happy and you know it, smile big!*** (Smile big)

***If you're happy and you know it, smile big!*** (Smile big)

***If you're happy and you know it then your face will surely show it, if you're happy and you know it, smile big!***  
(Smile big)



Let's talk about:

# brushing teeth





# Activity: Brush your teeth colour-in



## What you will need

- ★ **Brush Your Teeth** colouring page
- ★ Textas and crayons

## What to do

Colour the pictures.

### Ask children

***Talk to the children about keeping our teeth clean and healthy.***

***What do you use to clean your teeth?***  
Toothbrush and toothpaste.

***How often should you brush your teeth?***  
Twice a day.

***Teeth are an important part of our body.  
Teeth can get sick. It's important to look after our teeth.***

## Key messages for children

- ★ Keeping our teeth clean helps keep them healthy.
- ★ We brush our teeth to keep them strong and clean.
- ★ To keep healthy teeth we have to brush every morning and every night before bed.
- ★ Cleaning your teeth with toothpaste makes your teeth strong and healthy – and you only need a little bit, about the size of a pea.
- ★ Spit out the toothpaste after you finish brushing.
- ★ If you don't clean your teeth they can get holes and that makes them sore.
- ★ A grown up needs to help you brush your teeth.

Download **Brush Your Teeth** colouring page

Education.com website

[www.education.com/worksheet/article/life-learning-brush-teeth](http://www.education.com/worksheet/article/life-learning-brush-teeth)



# Activity: Brush off monsters



## What you will need

- ★ A copy of **picture of teeth** for each child
- ★ Plastic pocket (or laminate picture)
- ★ Whiteboard markers
- ★ Toothbrush

## What to do

Print a **picture of teeth** and put it inside a clear plastic envelope (or laminate picture).

Draw funny-looking bacteria monsters on it with whiteboard markers.

Children brush off monsters with an old toothbrush.

## Ask children

***Talk to the children about keeping our teeth clean and healthy.***

***What do you use to clean your teeth?***

Toothbrush and toothpaste.

***How often should you brush your teeth?***

Twice a day.

***Teeth are an important part of our body. Teeth can get sick. It's important to look after our teeth.***

## Key messages for children

- ★ Keeping our teeth clean helps keep them healthy.
- ★ We brush our teeth to keep them strong and clean.
- ★ To keep healthy teeth we have to brush every morning and every night before bed.
- ★ Cleaning your teeth with toothpaste makes your teeth strong and healthy – and you only need a little bit, about the size of a pea.
- ★ Spit out the toothpaste after you finish brushing.
- ★ If you don't clean your teeth they can get holes and that makes them sore.
- ★ A grown up needs to help you brush your teeth.

Download **picture of teeth**

Dental Health Services Victoria

[www.dhsv.org.au/oral-health-programs/hfhs/healthy-little-smiles](http://www.dhsv.org.au/oral-health-programs/hfhs/healthy-little-smiles)



# Activity: Let's brush



## What you will need

- ★ 2-litre plastic bottles – Cut the bottoms off and paint white on the inside
- ★ Toothbrushes

## What to do

Turn 2-litre bottoms upside down so they look like giant teeth.

Give the kids toothbrushes to brush the teeth clean.

## Ask children

***Teeth are an important part of our body.  
Teeth can get sick. It's important to look after our teeth.***

## Key messages for children

- ★ Keeping our teeth clean helps keep them healthy.
- ★ We brush our teeth to keep them strong and clean.
- ★ To keep healthy teeth we have to brush every morning and every night before bed.
- ★ Cleaning your teeth with toothpaste makes your teeth strong and healthy – and you only need a little bit, about the size of a pea.
- ★ Spit out the toothpaste after you finish brushing.
- ★ If you don't clean your teeth they can get holes and that makes them sore.
- ★ A grown up needs to help you brush your teeth.

# Storybooks



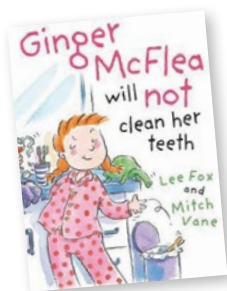
Brush Your  
Teeth Please

## Brush Your Teeth Please

**Leslie McGuire**

What child can resist imitating a chimp brushing its teeth back and forth?  
Or a shark that flosses every day?

Youngsters will have lots of fun learning about proper dental hygiene in this delightful pop-up book.



## Ginger McFlea will not clean her teeth

**Lee Fox and Mitch Vane**

Ginger McFlea will not clean her teeth, no how hard anyone tries to make her!  
But will a call to the tooth fairy change her mind?

Join Ginger and Jasper in this delightful tale about looking after your pearly whites.

Ready,  
Set, Brush!

## Ready, Set, Brush! (Sesame Street)

**Matt Mitter**

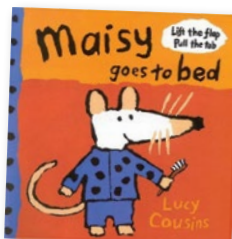
Even monsters need to brush their teeth to keep them healthy and strong.  
Elmo, Zoe, and their friends from Sesame Street show kids how easy it is  
to care for their teeth in Ready, Set, Brush!



## The Going to Bed Book

**Sandra Boynton**

This classic bedtime story is just right for winding down the day as a joyful,  
silly group of animals scrub scrub scrub in the tub, brush, brush brush their  
teeth and finally rock and rock and rock to sleep.



## Maisy goes to Bed

**Lucy Cousins**

It's time for Maisy to go to bed. First she likes to drink her favorite bedtime drink.  
Then she needs to brush her teeth, wash her hands, put on her pajamas and  
read a bedtime story, of course. There's lots to do!

## Songs



### **This is the Way We Brush Our Teeth**

(Sing to the tune of "Here we go round the Mulberry Bush")

***This is the way I brush my teeth***

***Brush my teeth, brush my teeth***

***This is the way I brush my teeth***

***So early in the morning.***

***This is the way my toothbrush goes***

***Round and round, round and round***

***This is the way my toothbrush goes***

***So early in the morning.***

Substitute your own words for additional verses:

***"This is the way I brush in the back, brush in the back."***

***"This is the way I brush over my tongue, over my tongue."***

***This is the way we use our teeth, smile, talk, chew.***



### **Brush, Brush, Brush Your Teeth**

(Sing to the tune of "Row, Row, Row Your Boat")

***Brush, brush, brush your teeth***

***Gently round your gums.***

***Merrily, merrily, merrily, merrily,***

***Brushing is such fun!!***

***Brush, brush, brush your teeth***

***Brush them every day.***

***The front, the sides, the back, the top***

***To keep decay (or the bugs or germs) away!***

### **Brushing Song**

(Sing to the tune of "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!***

# Parent Activity: How to brush



This activity shows parents how to brush your child's teeth

The best way to avoid tooth decay is to keep your teeth and gums as healthy as possible.

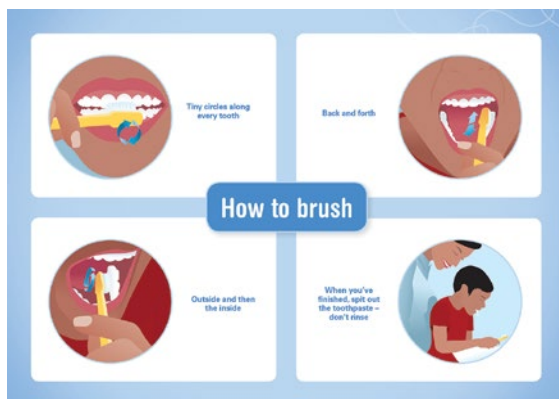
We know that many parents are confused about how to brush teeth.

**You may want to invite a dental professional to talk to families about oral health and tooth brushing technique.**

## What you need

- ★ Good habits for healthy teeth flipchart – **How to brush** (page 9)
- ★ Good habits for healthy teeth flipchart – **Brush teeth twice a day** (page 7)

\* Use a large mouth model to help demonstrate toothbrushing and for parents to practice on.



See **Baby teeth count too!** flipchart  
**How to brush** – page 9

## Activity

### Getting started

*Let's take a look at the steps in brushing your teeth ...*

**SAY:** *Stand or sit behind your child so she feels secure. Being in front of a mirror is good too, because it lets you see your child's mouth.*

*Cup your child's chin in your hands, with his head resting against your body.*

## How to brush

- ★ Angle the bristles of the toothbrush towards the gum on the teeth. Move the brush in tiny circles along every tooth.
- ★ Brush gently – along the outside and then the inside of teeth.
- ★ Brush back and forth on the chewing surfaces of the teeth.
- ★ Take your time. Try to spend at least 30 seconds on each section of the mouth (top, bottom, left, right) adding up to 2 minutes total brushing time.
- ★ When you've finished brushing, your child should spit out the toothpaste, but don't rinse.

**Parents can practice on the mouth model or with their child (without toothpaste)**

## Point out

- ★ Remember to brush; inside, outside, tops, and bottoms.
- ★ Let children have a go at brushing their own teeth first. This will help your child develop the skill. Help a child with brushing until they handle the toothbrush alone (around the same time they can tie a shoe lace) 7 to 8 years of age.
- ★ Use different fluoride toothpaste depending on a child's age.
- ★ Check for any signs of decay, such as a white or brown line on the teeth close to the gums.

**The first signs of tooth decay can be hard to spot. If you think your child has tooth decay, visit a dentist as soon as possible. Your dentist can stop decay from getting worse.**

## Recommended toothbrush care

**Our mouths contain germs. To avoid spreading germs, it is important that we:**

- ★ Do not share toothbrushes.
- ★ After brushing, rinse your toothbrush thoroughly with tap water and allow to air-dry.
- ★ Store toothbrushes so they are not touching each other.
- ★ Do not store toothbrushes in closed containers.

### Download

- **Tips for Toothbrushing** – Handout
- **Take the fuss out of the brush!** – Handout
- **Apps & Videos, Songs, Storybooks** – Handout
- **How to Brush** – Handout
- **Toothbrushing Chart** – Handout

Dental Health Services website

[www.dhsv.org.au/oral-health-programs/hfhs/healthy-little-smiles](http://www.dhsv.org.au/oral-health-programs/hfhs/healthy-little-smiles)

**Let's talk about:**

**sugar**



## Activity: Everyday or Sometimes food?



### Key messages for children

- ★ 'Sometimes' foods and drinks have a lot of sugar. Sugar can make holes in your teeth and make them sore.
- ★ 'Sometimes' foods are lollies, biscuits, cakes, chocolate, muesli bars.
- ★ 'Sometimes' drinks are milk shakes, fruit juice, cordial, fizzy drinks.

### What you will need

- ★ Empty packets of foods and drinks OR collect food pictures from magazines or supermarket catalogues
- ★ Paper for posters
- ★ Glue
- ★ Scissors for adults

### What to do

Make a poster that shows foods (and drinks) that are 'Everyday' and 'Sometimes'.

Ask children to sort pictures into:

1. 'Everyday foods' – healthy for their bodies and teeth
2. 'Sometimes' foods – not good for their teeth and bodies. Foods that can hurt your teeth are 'Sometimes' foods.

### Ask children

*What do we mean by 'Everyday' foods?*

*What do we mean by 'Sometimes' foods?*

*Did you know that foods and drinks that help keep your body healthy are good for your teeth too?*

*Which foods are 'Everyday' foods? Which foods are 'Sometimes' foods?*

*What is your favourite fruit?*

*What is your favourite vegetable?*

*What types of foods do you like to eat for breakfast/lunch/dinner?*

*Have you tasted these foods?*

*What does healthy mean? Healthy means that you are not sick and that your body feels good.*

*The foods and drinks we eat are just as important for keeping our teeth healthy as they are for keeping our bodies healthy.*

*Some foods can help make our teeth strong. Milk, cheese and yoghurt make our teeth strong.*

# Parent Activity: How does fruit juice compare to whole fruit?



This activity explores the difference between fruit juice and whole fruit

This hands-on activity shows how many oranges it takes to make one cup of juice and helps prompt a conversation about how healthy juice is compared to eating the whole fruit.

## What you will need

- ★ 250ml orange juice (bottle or carton)
- ★ 4 medium-sized oranges
- ★ Good habits for healthy teeth flipchart  
**How much sugar is in our food and drink**  
(page 15)
- ★ Good habits for healthy teeth flipchart  
**Limit fruit juice and sugary drink**  
(page 11)



See Good habits for healthy teeth flipchart  
**Limit fruit juice and sugary drinks – page 11**

## What to do

SAY: **Fruit juice is seen as a healthy option and a convenient way to eat fruit.**

**But is it better than other sugary drinks...? Let's take a look.**

Show the 250ml orange juice.

SAY: **This 250ml package represents one glass. Before you look at the food label (Nutrition Information panel) – Can anyone guess how many teaspoon of sugar they think is in a glass of fruit juice?**

ANSWER: 5 teaspoons

EXPLANATION: The Nutrition Information panel tells us how much sugar is in a product. Check the Per serving column (and Per 100mL column)

Supermarket brand Orange Juice = Sugars Per Serving 250mL – 20.5g

\* Remember approx. 4 grams of sugar = 1 teaspoon

Divide this amount by 4 to work out how many teaspoons of sugar, so  $20.5 \div 4 = 5$

SAY: **Does that surprise you?**

How does it compare to other sugary drinks?

## How much sugar is too much?

The World Health Organisation recommends that adults should be eating fewer than 12 teaspoons of added sugar a day. Eating less sugar – 6 teaspoons is even better for our health.

Of course for children this would be even less!

To give you an idea, the American Heart Association recommends pre-schoolers limit added sugar to about 3-4 teaspoons per day.

**ASK people to guess how many pieces of fruit it would take to make that amount of juice.  
Count out 4 pieces of fruit.  
It takes 4 oranges to make one glass (250ml) of juice.**

250ml juice

How many pieces of fruit

Teaspoons of sugar



4 (depending on size of fruit)

6 teaspoons



4 (depending on size of fruit)

5 teaspoons

### Discussion points

- Drinking a glass of juice would be easy for a small child.
- But it is unlikely that a child would be able to eat 4 pieces of fruit at one time.
- Children only need HALF an orange to get their daily nutritional requirements of Vitamin C.

Since fruit juice comes straight from the fruit, you might be tempted to think that drinking the juice is the same as eating whole fruit.

- Drinks can fill children up making them less hungry for other foods. It's easy to drink a large amount of sugar - and much more fruit than children need
- When whole fruit is juiced or squeezed, many of the nutrients, mainly fibre and vitamins are lost in the process – and it's full of sugar.
- When you eat a fruit whole, the pulp binds to the natural sugar and it travels through your gut, so it takes longer for your body to absorb the sugar.

Download **Food labels** Handout

raisingchildren.net.au website

[www.raisingchildren.net.au/articles/food\\_labels.html](http://www.raisingchildren.net.au/articles/food_labels.html)



# Parent Activity: Sugar can be hard to find



This activity looks at where to find information about sugar on food packaging

## What you will need

- ★ Food packages of foods children eat that are interesting to explore – breakfast cereals, fruit snack bars, muesli bars, and biscuits. You could ask parents to bring some.
- ★ This activity looks at fruit-flavoured yoghurt
- ★ Good habits for healthy teeth flipchart  
**How much sugar is in our food and drink** (page 15)
- ★ **Food labels** – Handout

## Helpful hints

**When looking at the Nutrition Information panel, remember that the term 'sugars' doesn't distinguish between added or natural. Natural sugars are just as harmful for our teeth as added sugar.**

## What to do

**SAY: Supermarkets sell thousands of foods. Food companies are in the business of selling more food. They often use tricks to make foods seem healthier than it really is. There's so much information on a food package. But how do you make sense of it all?**

Food labels are supposed to tell us what's in our food.

Show the group the food package

**SAY: Let's take a look at your food packet...**

What's got your attention? What claims are they making? Is there anything you'd like more information about? What about the picture – what's it suggesting is in the package?

Discuss

**How do you know what to believe when looking at packaging?** It's all in the small print!

Let's take a look – with a particular focus on sugar. Many packaged snacks contain much more sugar than you might expect.

**Depending on the time you have for this activity, you might only cover one of these 3 topics**

## Nutrition Information Panel

It's always a good idea to look at the Nutritional Information panel. On the back or the side of the packet you should see a box with a heading like 'Nutritional information'.

- A standard format is used. Nutrition Information Panels provides a list of (7) nutrients: Energy, Protein, Fat, Saturated fat, Carbohydrate, Sugars and Sodium (a component of salt) in the food (as well as any other 'claim' that requires nutrition information).
- It is also standard format to have a "per serve" column and a "per 100g" or "per 100ml" of the food or liquid column. (When you're comparing 2 products, look at the "per 100g" information.)
- Always check the serving size and the number of servings per pack, as some foods contain more than one serve. Some packets actually contain two or more servings (and we're usually happy to drink or eat the lot!).

## To find sugar

How much sugar is in our food and drink?

| NUTRITION INFORMATION   |                      |                   |
|-------------------------|----------------------|-------------------|
| Servings per package: 1 | Serving size: 100g   |                   |
|                         | Quantity Per Serving | Quantity Per 100g |
| Energy                  | 1002kJ (239Cal)      | 626kJ (150Cal)    |
| Protein                 | 8.4g                 | 5.3g              |
| Fat, total              | 9.3g                 | 5.8g              |
| - saturated             | 6.9g                 | 3.8g              |
| Carbohydrate, total     | 30.3g                | 18.9g             |
| - sugars                | 28.3g                | 17.3g             |
| Dietary Fibre           |                      |                   |
| Sodium                  | 98mg                 | 58mg              |
| Calcium                 | 246mg (31% RDI)*     | 154mg (19% RDI)*  |

\*RDI - Percentage of recommended dietary intakes

**1. Servings per package**  
This tells you how many serves there are in the whole packet. (Some packets contain 2 or more servings.)

**2. Serving size**  
This tells you how much you eat at one time. (This may not be the same as your serve size!)

**3. Per 100g**  
When comparing two products, look at the 'per 100 gm' column on each, rather than the 'per serving' information. This way you can compare the same thing on each product.

**4. Sugars**  
This tells you how much sugar you will eat at one time.  
To work out what this equals in teaspoons of sugar, divide the grams amount by 4. So 28 + 4 = 7  
So, eating this small tub of yoghurt is around 7 teaspoons of sugar.

**5. Ingredients**  
The ingredients are listed in order with the largest amount first.  
Things can be tricky when it comes to sugar! Sugar can be hidden in the ingredients list by using a different name. There are many names for sugar.

This is an example of a Nutrition Information Panel on a 160g tub of Boysenberry Yoghurt.

See Good habits for healthy teeth flipchart  
**How much sugar is in our food and drink**  
 (page 15)

First, look for **sugars** in the list of ingredients, then check the amount in the 'per serve' column.

SAY: **Let's check the serving size on your packet.**

**Do you think it's realistic? How many serves would we eat (or drink)?**

- Remember if the packet contain more than one serve, you will need to multiply the 'per serve' amount provided by the number of serves in the packet.
- Let's talk about: sugar

In this example of **tub of Boysenberry Yoghurt**, there is **28 grams** of sugar.

To work out how many teaspoons of sugar, divide the grams by 4 (there are about 4 grams of sugar in a teaspoon of sugar).

**A tub of Boysenberry Yoghurt has 7 teaspoons of sugar.**

## How much sugar is too much?

The World Health Organisation recommends that adults should be eating fewer than 12 teaspoons of added sugar a day. Eating less sugar – 6 teaspoons is even better for our health.

Of course for children this would be even less!

To give you an idea, the American Heart Association recommends pre-schoolers limit added sugar to about 3-4 teaspoons per day.

Download **Food labels** Handout

raisingchildren.net.au website

[www.raisingchildren.net.au/articles/food\\_labels.html](http://www.raisingchildren.net.au/articles/food_labels.html)

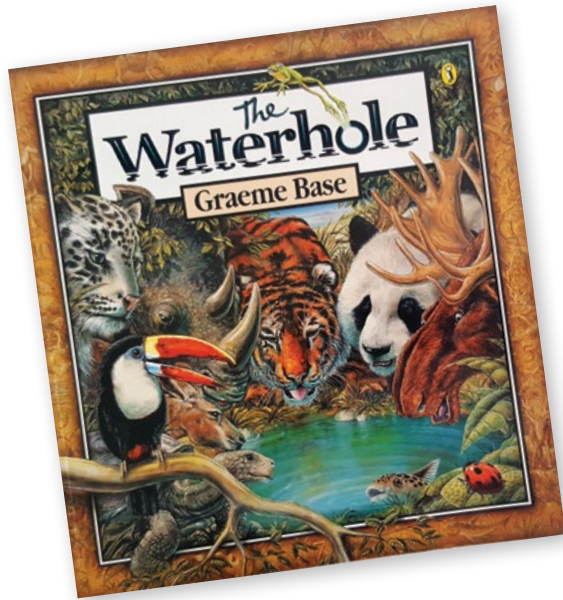


**Let's talk about:**

# best drinks



# Activity: The animals are thirsty



## Key messages for children

- ★ Drinking water (or milk) helps keep your teeth and body healthy.
- ★ Water cleans your mouth.
- ★ When you're thirsty water is the best drink.
- ★ Drink water everyday.
- ★ Tap water has fluoride in it, which makes your teeth strong.
- ★ When you're a big boy or big girl you can drink out of a cup, not a baby bottle.

## What you will need

- ★ Toy animals
- ★ Blue card or material – to recreate the waterhole
- ★ *The Waterhole* book

## What to do

The children can help their toy animals to drink from the waterhole.

READ *The Waterhole*

## Ask children

Talk about what the animals are doing in each picture.

***Look the rhino is drinking the water. Look the tigers are drinking the water – they are thirsty. We drink water when we are thirsty.***

***All living creatures need water. Why do we all need water?***

***When the waterhole is getting smaller, how do you think the animals are feeling?***

***What we drink is just as important for keeping our teeth healthy as they are for keeping our bodies healthy.***

***If you are thirsty, have a glass of water or milk. Don't drink juice or sugary drinks.***

# Storybooks



## The Waterhole

**Graeme Base**

“The Waterhole” is a fusion of counting book, puzzle book, storybook and art book. One rhino gives way to two tigers, with three toucans waiting in the wings, page by page the numbers increase as the animals come to their water hole to drink.

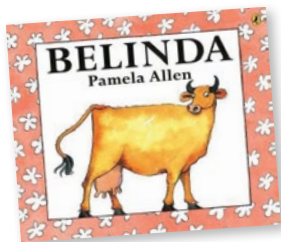


## Potter the Otter

**Shalini Singh Anand**

Potter the Otter loves to drink water - and wants you to Love to drink water too! A storybook for young children that teaches how to make healthy drink choices.

[www.pottertheotter.com](http://www.pottertheotter.com)



## Belinda

**Pamela Allen**

The book tells the story of a cow that is particular about who milks her and the lengths a man takes to do so.

# Songs

## **Water, water, water**

*If you're feeling thirsty and you need a drink*

*Take the time to stop and think*

*Choose water 'cause it's good for you*

*That is all you have to do*

CHORUS

*Water, water, water, water*

*Drink it up*

*Turn on the tap, pour it in a cup*

*Sip it from a drink bottle too*

*Water is so good for you*

*Water is refreshing and it tastes great too*

*It is the best choice for you*

*Water helps you to run and play*

*So you can have a happy day*

CHORUS

*If you're feeling thirsty and you need a drink*

*Take the time to stop and think*

*Choose water 'cause it's good for you*

*That is all you have to do*

Repeat CHORUS x 2



Let's talk about:

# foods good for your teeth

# Activity: Eat colours everyday



## Key messages for children

- ★ Eating healthy foods helps keep your teeth and body healthy.
- ★ Food helps your body grow, play and learn.
- ★ 'Everyday' foods can be eaten everyday because they help you grow, play and learn.
- ★ 'Everyday' foods are food like fresh fruit, cheese, vegetables and sandwiches.

## What you will need

- ★ Copy of **Healthy, deadly lunch box** colouring-in sheets
- ★ Textas and crayons

(Option – Fresh fruits and vegetables or plastic, toy or pictures of fruits and vegetables)

## What to do

Give children a copy of the **Healthy, deadly lunch box** colouring-in sheets

Option – Show (and taste) some fruit and vegetables in each colour group.

Fruit and vegetables are 'everyday' foods.

Talk about how fruit and vegetables have different colours and tastes and that we should eat a lots of different coloured fruit and vegetables every day to help you grow.

## Ask children

**What is your favourite fruit?**

**What is your favourite vegetable?**

**What types of foods do you like to eat for breakfast/lunch/dinner?**

*Have you tasted these foods?*

*What does healthy mean? Healthy means that you are not sick and that your body feels good.*

*The foods and drinks we eat are just as important for keeping our teeth healthy as they are for keeping our bodies healthy.*

*Eating a mix of healthy foods for breakfast, lunch and dinner is the best way to keep your teeth and whole body in good shape. If you are hungry and need a snack, choose foods like fruit or raw vegetables.*

Download **Healthy, deadly lunch box** colouring-in sheets

VACCHO website

[www.vaccho.org.au/wd/nutrition/hdlb](http://www.vaccho.org.au/wd/nutrition/hdlb)

Download a list of different coloured fruit and vegetables

Eat a rainbow, Nutrition Australia website  
[www.nutritionaustralia.org/national/resource/eat-rainbow](http://www.nutritionaustralia.org/national/resource/eat-rainbow)

# Activity: Three little monkeys - fingerplay



## Key messages for children

- ★ Eating healthy foods helps keep your teeth and body healthy.
- ★ Food helps your body grow, play and learn.
- ★ 'Everyday' foods can be eaten everyday because they help you grow, play and learn.
- ★ 'Everyday' foods are food like fresh fruit, cheese, vegetables and sandwiches.

## What you will need

- ★ Monkey puppet or soft toy (or picture)
- ★ Pictures of bananas (and other fruit) (or toy fruit)

## What to do

Sing:

### Three Little Monkeys

**Three little monkeys sitting in a tree**  
(hold up three fingers)

**Eating bananas just like me**  
(pretend to eat banana)

**One had a frown** (make a frown face)

**One had a grin** (smile)

**One had banana all over his chin!**  
(rub chin)

## Ask children

Show the children the pictures of bananas (and other fruit).

**Bananas are fruit. What are other fruits?**

**Where do bananas come from?**

Bananas grow on a banana tree in bunches. (A row of bananas is sometimes called a 'hand')

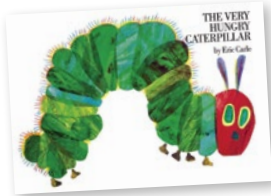
**What other fruit grows on trees?**

Bananas (and fruit) are 'everyday' foods. 'Everyday' foods can be eaten every day because they help you grow, play and learn.

**What are other 'Everyday' foods?**

fruit, cheese, vegetables and sandwiches

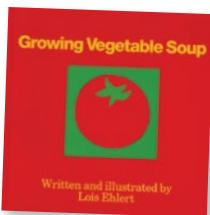
# Storybooks



## The Very Hungry Caterpillar

**Eric Carle**

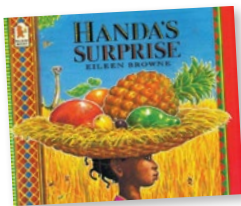
This classic story begins one sunny Sunday, when the caterpillar was hatched out of a tiny egg. The book tells the story of a hungry little caterpillar's progress through an amazing variety and quantity of foods.



## Growing Vegetable Soup

**Lois Ehlert**

Artist Lois Ehlert uses her bold, distinctive collage art to demonstrate the many steps that go into preparing vegetable soup – literally from the ground up.



## Handa's Surprise

**Eileen Browne**

Handa puts seven different delicious fruits in a basket to take to her friend Akeyo as a surprise. But Handa's walk takes her past a variety of animals, and the fruits do look very inviting.



## Eat Your Greens, Goldilocks: A Story About Eating Healthily

**Steve Smallman**

It's your favourite classic fairy tale with a twist.

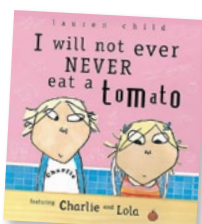
In Eat Your Greens, Goldilocks! the three bears play host to a very fussy eater. Goldilocks only likes things 'just so', and she hates eating vegetables! But the bears are determined to give her a healthy meal.



## I Do Not Eat the Colour Green

**Lynne Rickards**

Marlene McKean loves all the colours of the rainbow - except for one. She absolutely hates the colour green! Here's a humorous look at fussy eating and a must-have for all children who don't eat their greens!



## I Will Never Not Ever Eat a Tomato

**Lauren Child**

Lola will not eat peas – and a list of other foods! Charlie dreams up inventive ways to get his fussy sister, Lola, to eat her vegetables.

# Songs



## The Good Food Song

(Sing to: "Old MacDonald Had A Farm")

**Vegetables are good for me,  
EE I EE I O  
And so I eat them happily,  
EE I EE I O**

**With a carrot, carrot here,  
and a carrot, carrot there  
Here a carrot, there a carrot  
Everywhere a carrot, carrot.**

**Vegetables are good for me,  
EE I EE I O.**

\*Use your own creativity to add other vegetables

## Five Little Apples

**Five little apples lying on the floor.  
I'll roll one away, and that leaves four.  
Four little apples hanging on a tree.  
I'll pick one off, and that leaves three.  
Three little apples, I know what to do!  
I'll put one in my pocket, and that  
leaves two.  
Two little apples sitting in the sun.  
I'll pick one up, and that leaves one.  
One little apple waiting in my lunch.  
I'll eat it up with a crunch, crunch,  
crunch!**

## If You Like Apples and You Know It

(Sing to: "If You're Happy and You Know It")

**If you like apples and you know it, clap  
your hands**

**If you like apples and you know it, clap  
your hands**

**If you like apples and you know it**

**And you really want to show it**

**If you like apples and you know it, clap  
your hands**

**If you like carrots and you know it,  
stamp your feet**

**If you like carrots and you know it,  
stamp your feet**

**If you like carrots and you know**

**And you really want to show it**

**If you like carrots and you know it,  
stamp your feet**

**If you like bananas and you know it,  
turn around**

**If you like bananas and you know it,  
turn around**

**If you like bananas and you know it**

**And you really want to show it**

**If you like bananas and you know it,  
turn around**

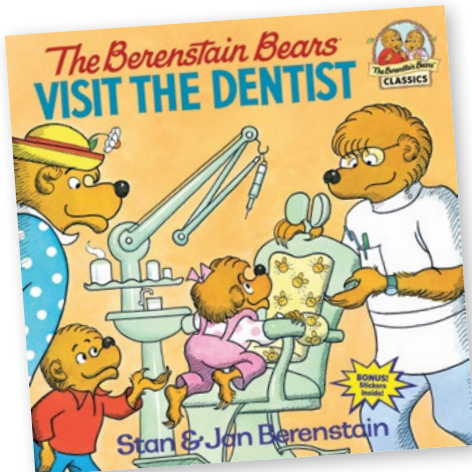
\*Use your own creativity to use other fruit or vegetables and "jump up and down" and "shout we do"



**Let's talk about:**

# a dental check-up

# Activity: Let's visit the dentist



## Key messages for children

- ★ It's good to have your teeth checked by a dentist.
- ★ The dentist is a friendly doctor who helps you take care of your teeth. Visiting the dentist is an important part of having healthy teeth.
- ★ Your mum or dad can help you clean your teeth.

Note: The term 'dentist' has been used for simplicity. Children could also be seen by a dental therapist or oral health therapist.

## What you will need

- ★ **Berenstain Bears Visit The Dentist** book (The book shows pictures of dental equipment – the chair, mirror, special tools (picks, scraper), water squirter)
- ★ Chair
- ★ White shirts or white coats (Option – Sunglasses and masks. Pictures of dental equipment – toothbrush, mirror, plastic cup (real or pretend).
- ★ Dolls or toys or stuffed animals

## What to do

Set up a pretend dentist in the dramatic play space. Some ideas for props are pictures of dental instruments, lab coats or white shirts, etc. Role play going to the dentist. Roles: dentist » parent » patient.

READ **Berenstain Bears Visit The Dentist**

Talk about what the dentist does.

## Ask children

*Today we're going to talk about people who are tooth helpers – people who help us keep our teeth clean and healthy.*

*Let's play going to the dentist. We can pretend to take doll to the dentist.*

*Here is the dentist office. Mommy brought a book. Let's read it to doll to help her wait for our turn.*

*Hi, I am the dentist. Time to see me now! Come along doll. We will help you hop up into the chair and lay back.*

*I have lots of interesting things to look at. I have a bright light and special tools that help me check your teeth.*

*Let's put a bib on you so that your clothes stay clean.*

*It's time to look in your mouth doll. Open really big! I can see all your teeth. I am going to count them. One, two, three...*

*Good job, baby doll! Didn't doll do a good job of sitting quietly and opening wide? Now it's time for us to go home*

## Activity: Make a dental bib



### Key messages for children

- ★ **It's good to have your teeth checked by a dentist.**
- ★ **The dentist is a friendly doctor who helps you take care of your teeth. Visiting the dentist is an important part of having healthy teeth.**
- ★ **Your mum or dad can help you clean your teeth.**

Note: The term 'dentist' has been used for simplicity. Children could also be seen by a dental therapist or oral health therapist.

### What you will need

- ★ One large white napkin or paper towel (to be a bib around the neck of the "patient")
- ★ String
- ★ Textas, crayons, paint, colored paper, stickers (Option – Sunglasses and masks)

### What to do

Kids can make their own bib to wear for pretend. They can decorate them creatively.

### Ask children

Explain to the children that going to the dentist regularly is important. Dentists are the people who help us take care of our teeth and keep them clean and healthy. The dentist can also fix our teeth if they hurt.

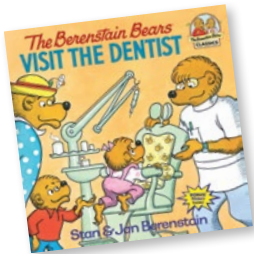
The dentist wants to keep your teeth strong and healthy. The dentist and all the helpers wear gloves so their fingers are clean when they touch your mouth. They even wear masks over their faces but they are not scary masks!

Let the child decorate a paper towel using age appropriate art supplies like water colors, stickers, and markers.

Help the child make a hole in the paper towel and thread the yarn.

Take a photo of the child wearing the bib. Encourage the parent to show it to the dentist when the child goes to the dentist.

# Storybooks



## The Berenstain Bears Visit the Dentist

**Stan Berenstain and Jan Berenstain**

Sister Bear watches Dr. Bearson fill Brother Bear's small cavity. Then it's her turn in the chair to have a dangling baby tooth removed.

An entertaining story for preschoolers of a cheerful and informative visit to a dentist.

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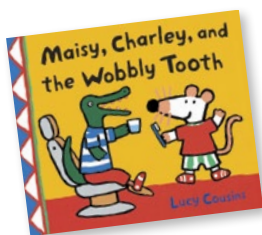
## Going to the Dentist (Usborne First Experiences)

**Anne Civardi**

The book introduces children to the experience of going to the dentist in an amusing and friendly way.

There is a little yellow duck hiding on every page for the children to find.

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## Maisy, Charley and the Wobbly Tooth

**Lucy Cousins**

When Charley gets a wobbly tooth, Maisy takes him to see Dr Biteright – the really nice dentist. He shows Charley his special dentist chair and how to brush his teeth - and he soon gets a smile back on his face!

---



## Do I Have to Go to the Dentist? A first look at healthy teeth

**Pat Thomas**

A visit to the dentist can be a scary experience for younger children. This good-humored story emphasizes the dentist's role as a friend and advisor who ensures that boys and girls have healthy teeth and attractive smiles.

---



## Dentist Trip (Peppa Pig)

**Neville Astley**

Peppa and George are going to the dentist today. It's George's first visit, so he's a little nervous--but Peppa shows him that a trip to the dentist can be lots of fun!

---

## Songs



### The Dentist's Song

(Sing to: "Are You Sleeping")

***Oh my dentist***

***Always tells me,***

***Brush your teeth***

***Brush your teeth.***

***Brush them in the morning***

***And again at bedtime.***

***Brush your teeth***

***Brush your teeth.***

### The Dentist Is My Pal

(Sing to: "The Farmer in the Dell")

***The dentist is my pal***

***The dentist is my pal***

***His chair goes up (arms in the air)***

***His chair goes down (touch the ground)***

***The dentist is my pal.***

***He has a waiting room***

***With lots of things to do***

***Books and toys for boys and girls***

***Are waiting there for you.***

***Chorus (repeat)***

***He has me open wide***

***And then he looks inside***

***Carefully he checks my teeth***

***And keeps them shining bright.***

***Chorus (repeat)***





## Section 3:

# More activities and resources

# Online resources

## Dental Health Services Victoria

Find additional information and resources at **Dental Health Services Victoria** [www.dhsv.org.au](http://www.dhsv.org.au).

### Fact sheets:

- Looking after your child's mouth, teeth and gums
- Drink well, Eat well, Clean well tip cards
- How to brush your child's teeth guide
- Tooth tips 0–12 months fact sheet
- Tooth tips 12–18 months fact sheet
- Tooth tips 18 months – 6 years fact sheet

### Find fact sheets for families

Your dental health drop-down menu >> **General dental health advice** >> **Fact sheets and tip cards**

Find translated fact sheets

Professionals drop-down menu >> **Oral health resources** >> **Translated oral health brochures**

### Other resources

Find resources that support professionals to promote better dental health

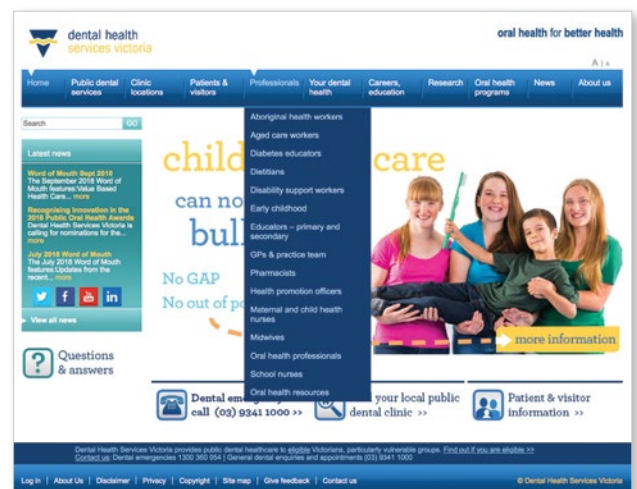
Professionals drop-down menu

Or email [healthpromotion@dhsv.org.au](mailto:healthpromotion@dhsv.org.au)

There are also **information bites** to share in newsletters, emails, and social media.

Download from the Dental Health Services Victoria website [www.dhsv.org.au](http://www.dhsv.org.au).

See **Professionals** >> **Oral health resources**.



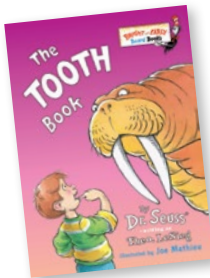


## Section 4:

# Storybooks and Songs



# Complete list of storybooks



## It's important to look after our teeth

### The Tooth Book

**Dr. Seuss**

In this jaunty rhyming tale, Dr. Seuss takes a hilarious look at teeth, where to find them, what we do with them and how to look after them!



### The Waterhole

**Graeme Base**

"The Water Hole" is a fusion of counting book, puzzle book, storybook and art book. One rhino gives way to two tigers, with three toucans waiting in the wings, page by page the numbers increase as the animals come to their water hole to drink.



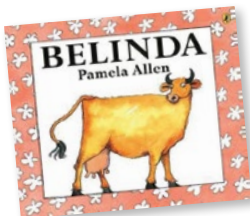
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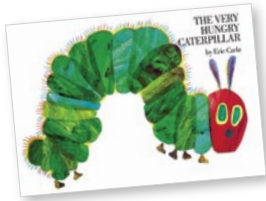


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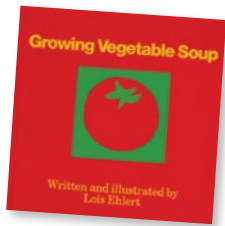
## Healthy eating



### The Very Hungry Caterpillar

**Eric Carle**

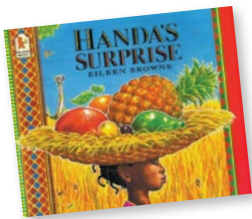
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### Growing Vegetable Soup

**Lois Ehlert**

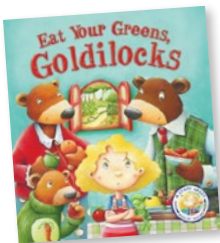
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**Eileen Browne**

Handa puts seven different delicious fruits in a basket to take to her friend Akeyo as a surprise. But Handa's walk takes her past a variety of animals, and the fruits do look very inviting.

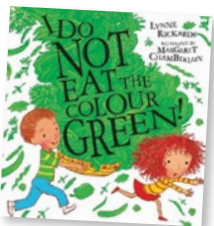


### Eat Your Greens, Goldilocks: A Story About Eating Healthily

**Steve Smallman**

It's your favourite classic fairy tale with a twist.

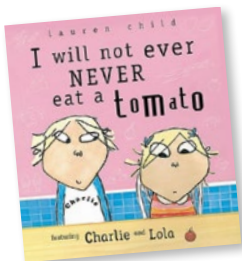
In Eat Your Greens, Goldilocks! the three bears play host to a very fussy eater. Goldilocks only likes things 'just so', and she hates eating vegetables! But the bears are determined to give her a healthy meal.



### I Do Not Eat the Colour Green

**Lynne Rickards**

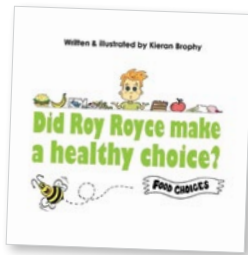
Marlene McKean loves all the colours of the rainbow - except for one. She absolutely hates the colour green! Here's a humorous look at fussy eating and a must-have for all children who don't eat their greens!



### I Will Never Not Ever Eat a Tomato

**Lauren Child**

Lola will not eat peas – and a list of other foods! Charlie dreams up inventive ways to get his fussy sister, Lola, to eat her vegetables.



## Did Roy Royce Make a Healthy Choice

**Kieran Brophy**

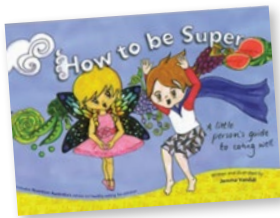
Food choices is an educational, colourful and engaging children's book that follows Roy Royce as he juggles with his daily food choices.

Available from Nutrition Australia

[www.nutritionaustralia.org](http://www.nutritionaustralia.org)

Download free reading notes

[www.royroyce.com.au/book/](http://www.royroyce.com.au/book/)



## How to be Super: A little person's guide to eating well

**Jemma Vandali**

A fun way for kids to learn about why they need to eat a variety of healthy foods. Through beautiful illustrations and lively rhyme, children will embark on a magical adventure.

Available from Nutrition Australia

[www.nutritionaustralia.org/national/product/how-be-super-little-persons-guide-eating-well-jemma-vandali](http://www.nutritionaustralia.org/national/product/how-be-super-little-persons-guide-eating-well-jemma-vandali)

## Brush your teeth



### Brush Your Teeth Please

**Leslie McGuire**

What child can resist imitating a chimp brushing its teeth back and forth? Or a shark that flosses every day?

Youngsters will have lots of fun learning about proper dental hygiene in this delightful pop-up book.



### Ready, Set, Brush! (Sesame Street)

**Matt Mitter**

Even monsters need to brush their teeth to keep them healthy and strong. Elmo, Zoe, and their friends from Sesame Street show kids how easy it is to care for their teeth in Ready, Set, Brush!



### Ginger McFlea will not clean her teeth

**Lee Fox**

Ginger McFlea will not clean her teeth, no how hard anyone tries to make her! But will a call to the tooth fairy change her mind?

Join Ginger and Jasper in this delightful tale about looking after your pearly whites.

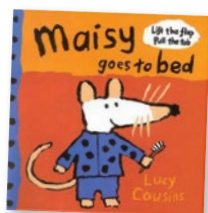
## Brush your teeth – as part of bedtime routine



### The Going to Bed Book

**Sandra Boynton**

This classic bedtime story is just right for winding down the day as a joyful, silly group of animals scrub scrub scrub in the tub, brush, brush brush their teeth and finally rock and rock and rock to sleep.

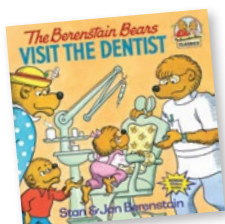


### Maisy goes to Bed

**Lucy Cousins**

It's time for Maisy to go to bed. First she likes to drink her favorite bedtime drink. Then she needs to brush her teeth, wash her hands, put on her pajamas and read a bedtime story, of course. There's lots to do!

## Visiting the dentist

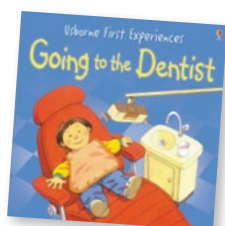


### The Berenstain Bears Visit the Dentist

**Stan Berenstain and Jan Berenstain**

Sister Bear watches Dr. Bearson fill Brother Bear's small cavity. Then it's her turn in the chair to have a dangling baby tooth removed.

An entertaining story for preschoolers of a cheerful and informative visit to a dentist.

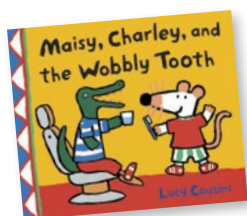


### Going to the Dentist (Usborne First Experiences)

**Anne Civardi**

The book introduces children to the experience of going to the dentist in an amusing and friendly way.

There is a little yellow duck hiding on every page for the children to find.



### Maisy, Charley and the Wobbly Tooth

**Lucy Cousins**

When Charley gets a wobbly tooth, Maisy takes him to see Dr Biteright – the really nice dentist. He shows Charley his special dentist chair and how to brush his teeth – and he soon gets a smile back on his face!



## Do I Have to Go to the Dentist? A first look at healthy teeth

**Pat Thomas**

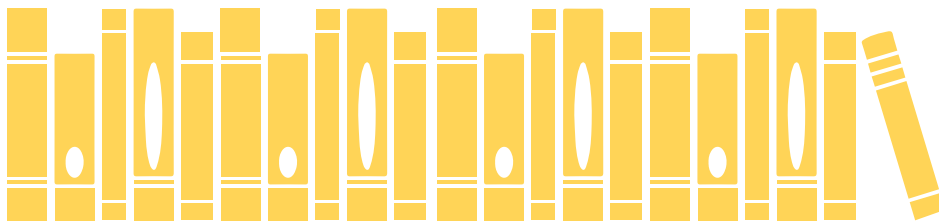
A visit to the dentist can be a scary experience for younger children. This good-humored story emphasizes the dentist's role as a friend and advisor who ensures that boys and girls have healthy teeth and attractive smiles.



## Dentist Trip (Peppa Pig)

**Neville Astley**

Peppa and George are going to the dentist today. It's George's first visit, so he's a little nervous – but Peppa shows him that a trip to the dentist can be lots of fun!



## Storybooks in other languages

**The Book Garden**

[www.thebookgarden.com.au](http://www.thebookgarden.com.au)

**Global Books**

[www.globallanguage.com.au](http://www.globallanguage.com.au)

## Complete list of songs

### It's important to look after our teeth

#### Smile, Talk, Chew

(Sing to the tune of "The Wheels on the Bus")

***This is the way we use our teeth, use our teeth, use our teeth.***

***This is the way we use our teeth, all day long.***

***This is the way we use our teeth, use our teeth, use our teeth.***

***This is the way we use our teeth, smile, smile, smile.***

***This is the way we use our teeth, use our teeth, use our teeth.***

***This is the way we use our teeth, talk, talk, talk.***

***This is the way we use our teeth, use our teeth, use our teeth.***

***This is the way we use our teeth, chew, chew, chew.***

***This is the way we use our teeth, use our teeth, use our teeth.***

***This is the way we use our teeth, smile, talk, chew.***

#### **If You're Happy and You Know it**

***If you're happy and you know it, clap your hands!*** (Clap your hands)

***If you're happy and you know it, clap your hands!*** (Clap your hands)

***If you're happy and you know it then your face will surely show it, if you're happy and you know it, clap your hands!*** (Clap your hands)

***If you're happy and you know it, show your teeth!*** (Show teeth)

***If you're happy and you know it, show your teeth!*** (Show teeth)

***If you're happy and you know it then your face will surely show it, if you're happy and you know it, show your teeth!*** (Show teeth)

***If you're happy and you know it, brush your teeth!*** (Make circular motions in front of face)

***If you're happy and you know it, brush your teeth!*** (Make circular motions in front of face)

***If you're happy and you know it then your face will surely show it, if you're happy and you know it, brush your teeth!*** (Make circular motions in front of face)

***If you're happy and you know it, smile big!*** (Smile big)

***If you're happy and you know it, smile big!*** (Smile big)

***If you're happy and you know it then your face will surely show it, if you're happy and you know it, smile big!*** (Smile big)



## Healthy drinks

### Give a smile

(Sing to the tune of "If You're Happy and You Know It")

*If you're happy and you know it give a smile*

*If you're happy and you know it give a smile*

*If you're happy and you know it then your face is going to show it*

*If you're happy and you know it give a smile.*

*When my teeth are clean I know it 'cause I SMILE*

*When my teeth are clean I know it 'cause I SMILE*

*When my teeth are clean I know it - I'm not afraid to show it*

*When my teeth are clean I know it 'cause I SMILE*



### Water, water, water

*If you're feeling thirsty and you need a drink*

*Take the time to stop and think*

*Choose water 'cause it's good for you*

*That is all you have to do*

CHORUS

*Water, water, water, water*

*Drink it up*

*Turn on the tap, pour it in a cup*

*Sip it from a drink bottle too*

*Water is so good for you*

*Water is refreshing and it tastes great too*

*It is the best choice for you*

*Water helps you to run and play*

*So you can have a happy day*

CHORUS

*If you're feeling thirsty and you need a drink*

*Take the time to stop and think*

*Choose water 'cause it's good for you*

*That is all you have to do*

Repeat CHORUS x 2

## Healthy eating



### Two Little Apples

*Two little apples way up in a tree  
Stretch up, making fists for apples*

*Those little apples smiled at me  
Turn fists toward you*

*I shook that tree as hard as I could  
Pretend to shake tree trunk*

*Down fell the apples  
Drop hands down to the floor*

*Mmmm, they were good!  
Take a bite and rub your tummy*

### The Good Food Song

(Sing to: "Old MacDonald Had A Farm")

*Vegetables are good for me,  
EE | EE | O*

*And so I eat them happily,  
EE | EE | O*

*With a carrot, carrot here,  
and a carrot, carrot there*

*Here a carrot, there a carrot  
Everywhere a carrot, carrot.*

*Vegetables are good for me,  
EE | EE | O.*

\* Use your own creativity to add other vegetables

### If You Like Apples and You Know It

(Sing to the melody of: "If You're Happy and You Know It")

*If you like apples and you know it,  
clap your hands*

*If you like apples and you know it,  
clap your hands*

*If you like apples and you know it  
And you really want to show it*

*If you like apples and you know it,  
clap your hands*

*If you like carrots and you know it,  
stamp your feet*

*If you like carrots and you know it,  
stamp your feet*

*If you like carrots and you know  
And you really want to show it*

*If you like carrots and you know it,  
stamp your feet*

*If you like bananas and you know it,  
turn around*

*If you like bananas and you know it,  
turn around*

*If you like bananas and you know it  
And you really want to show it*

*If you like bananas and you know it,  
turn around*

*If you like broccoli and you know it,  
jump up and down*

*If you like broccoli and you know it,  
jump up and down*

*If you like broccoli and you know it  
And you really want to show it*

*If you like broccoli and you know it,  
jump up and down*

*If you like yoghurt and you know it,  
shout we do*

*If you like yoghurt and you know it,  
shout we do*

*If you like yoghurt and you know it  
And you really want to show it*

*If you like yoghurt and you know it,  
shout we do*

\* Use your own creativity to use other fruit or vegetables



## Brush your teeth

### This is the Way We Brush Our Teeth

(Sing to the tune: Here we go round the Mulberry Bush)

***This is the way I brush my teeth  
Brush my teeth, brush my teeth***

***This is the way I brush my teeth  
So early in the morning.***

***This is the way my toothbrush goes  
Round and round, round and round***

***This is the way my toothbrush goes  
So early in the morning.***

Substitute your own words for additional verses:

***"This is the way I brush in the back,  
brush in the back," "this is the way I  
brush over my tongue, over my tongue"***  
etc.



### Brush, brush, brush your teeth

(Sing to the tune of "Row, Row, Row Your Boat")

***Brush, brush, brush your teeth***

***Gently round your gums.***

***Merrily, merrily, merrily, merrily,***

***Brushing is such fun!!***

***Brush, brush, brush your teeth***

***Brush them every day.***

***The front, the sides, the back, the top***

***To keep decay (or the bugs or germs)  
away!***

### Brushing song

(Sing to the tune of "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!***





## Visiting the dentist

### The Dentist Is My Pal

(Sing to the tune of “The Farmer in the Dell”)

**The dentist is my pal  
The dentist is my pal**

**His chair goes up** (arms in the air)  
**His chair goes down** (touch the ground)

**The dentist is my pal.**

**He has a waiting room  
With lots of things to do  
Books and toys for boys and girls  
Are waiting there for you.**

Chorus (repeat)

**He has me open wide  
And then he looks inside  
Carefully he checks my teeth  
And keeps them shining bright.**

Chorus (repeat)

## For more songs

**ABC Kids – sing ‘Watermelon’**

[www.abc.net.au/abcforkids/sing/playlist.html?playlistId=24&title=Food](http://www.abc.net.au/abcforkids/sing/playlist.html?playlistId=24&title=Food)

**7 Toothbrushing Tunes Kids (and Parents) Will Love**

[www.mouthhealthy.org/en/kids-brushing-playlist](http://www.mouthhealthy.org/en/kids-brushing-playlist)

**Munch & Move songs, Healthy Kids**

[www.healthykids.nsw.gov.au/campaigns-programs/munch-move-resources/music.aspx](http://www.healthykids.nsw.gov.au/campaigns-programs/munch-move-resources/music.aspx)

**ABC Kids – sing ‘Watermelon’**

[www.abc.net.au/abcforkids/sing/playlist.html?playlistId=24&title=Food](http://www.abc.net.au/abcforkids/sing/playlist.html?playlistId=24&title=Food)

## Song and rhymes from other countries

**Mama Lisa’s World**

**International Music & Culture**

[www.mamalisa.com](http://www.mamalisa.com)

**Burnaby Public Library**

**Embracing Diversity: Songs and rhymes in 15 languages**

[www.bpl.bc.ca/kids/embracing-diversity/songs-and-rhymes](http://www.bpl.bc.ca/kids/embracing-diversity/songs-and-rhymes)

**More songs and rhymes**

[www.bpl.bc.ca/kids/embracing-diversity/more-songs-and-rhymes](http://www.bpl.bc.ca/kids/embracing-diversity/more-songs-and-rhymes)

# Acknowledgements

The following materials used in the development of the package are sourced from:

## Activities

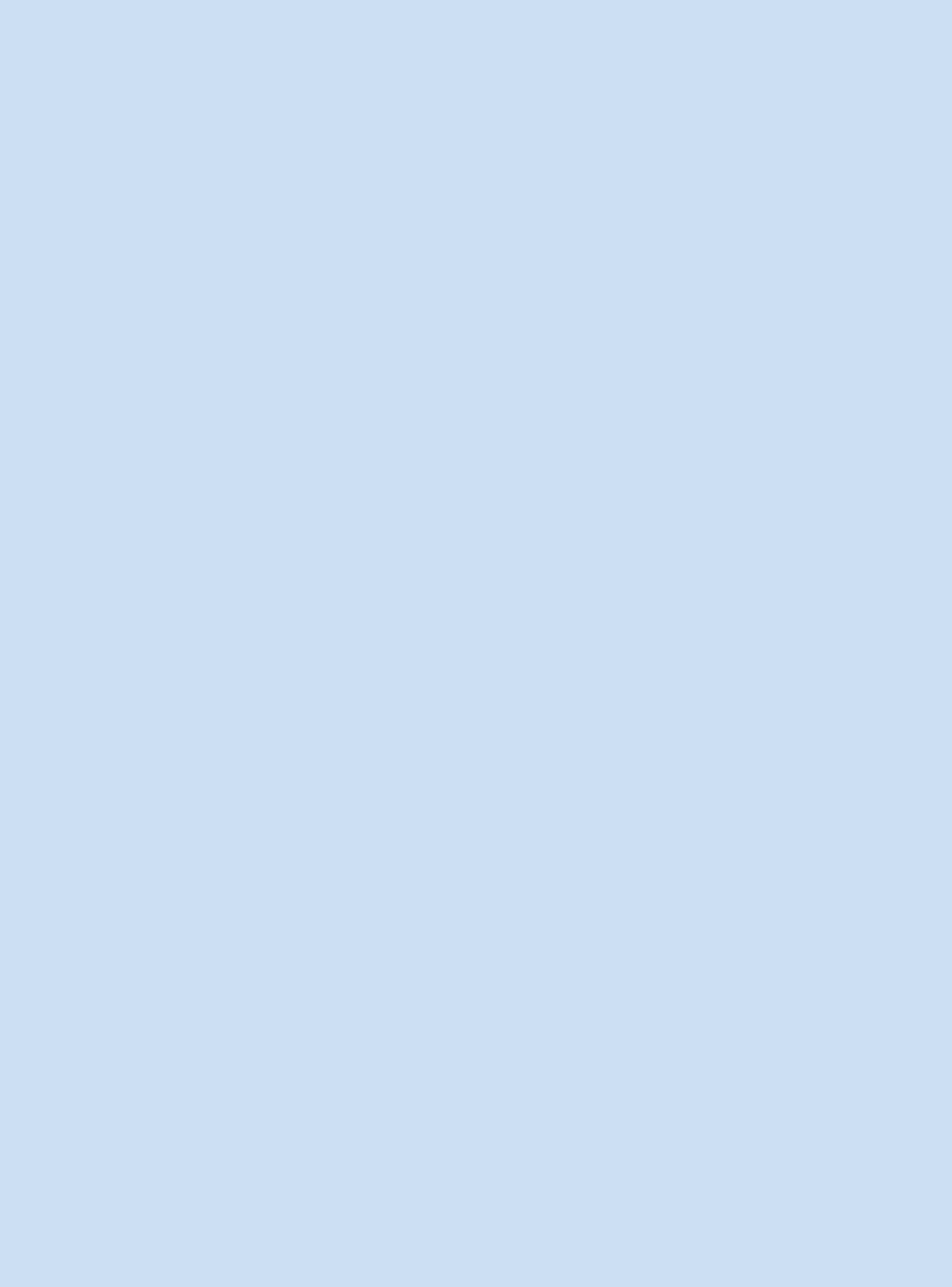
|                                      |   |
|--------------------------------------|---|
| Brush your teeth colour in           | courtesy of Education.com<br><a href="http://www.education.com/worksheet/article/life-learning-brush-teeth">www.education.com/worksheet/article/life-learning-brush-teeth</a>   |
| Create-a-monster                     | courtesy of Just Plum Crazy<br><a href="http://www.plumcrazyaboutcoupons.com/create-a-monster-free-printable/">www.plumcrazyaboutcoupons.com/create-a-monster-free-printable/</a>   |
| Healthy deadly lunch boxes colour in | courtesy of VACCHO <a href="http://www.vaccho.org.au/wd/nutrition/hdlb">www.vaccho.org.au/wd/nutrition/hdlb</a>   |
| Let's brush with giant teeth         | File Folder Heaven <a href="http://www.filefolderheaven.com">www.filefolderheaven.com</a>   |
| Make a dental bib                    | Cavity Free Kids <a href="http://www.cavityfreekids.org">www.cavityfreekids.org</a>   |
| Silly smile mask                     | courtesy of Family Theme Days <a href="http://www.familythemedays.com">www.familythemedays.com</a>  |
| Key messages for children            | <i>NSW Little Smiles. Dental Health Resource Package for Childcare Professionals</i> , NSW Department of Health<br><a href="http://www.health.nsw.gov.au/oralhealth/Publications/nsw-little-smiles.pdf">www.health.nsw.gov.au/oralhealth/Publications/nsw-little-smiles.pdf</a> |

## Songs

|   |   |
|---|---|
| Brush Brush Brush song<br>Brushing song<br>The Dentist song<br>If You're Happy And You Know It song | Toothbrushing Songs, South Dakota Department of Health<br><a href="http://www.doh.sd.gov/prevention/assets/ToothbrushingSongs.pdf">www.doh.sd.gov/prevention/assets/ToothbrushingSongs.pdf</a>  |
| If You Like Apples song   | Children's Literacy Initiative <a href="http://www.cli.org">www.cli.org</a>   |
| Smile Talk Chew song<br>This Is The Way We Brush Our Teeth song<br>The Dentist Is My Pal song       | courtesy of Health for Maryland's Kids, A Head Start Teacher's Guide for Creating Healthy Smiles, courtesy of Oral National Maternal and Child Oral Health Resource Center (OHRC).<br>These materials from OHRC may not be reproduced without prior written permission from OHRC.<br><a href="http://www.mchoralhealth.org/ohmdkids">www.mchoralhealth.org/ohmdkids</a> |
| The Good Food song<br>Five Little Apples song   | Preschool Education<br><a href="http://www.preschooleducation.com">www.preschooleducation.com</a>   |
| Water Water Water song  | Munch & Move songs<br>Sourced from Healthy Kids at <a href="http://www.healthykids.nsw.gov.au">www.healthykids.nsw.gov.au</a>   |

## Books

|   |  |
|---|--|
| <i>Augustus and His Smile</i> , Catherine Rayner                                    | courtesy of Little Tiger Press, London<br>ISBN: 9781845062835                                      |
| <i>Belinda</i> , Pamela Allen   | Penguin Random House / Penguin Books Australia<br>ISBN: 9780140544930                              |
| <i>Dentist Trip (Peppa Pig)</i> , Neville Astley                                    | Penguin Random House / Penguin Books Australia<br>ISBN: 9781409301936                              |
| <i>Do I Have to Go to the Dentist? A first look at healthy teeth</i> , Pat Thomas   | Hachette Children's Books<br>ISBN: 9780750252393   |
| <i>Eat Your Greens, Goldilocks: A Story About Eating Healthily</i> , Steve Smallman | QED Publishing<br>ISBN: 9781781716458  |
| <i>Ginger McFlea will not clean her teeth</i> , Lee Fox                             | courtesy of Hachette Australia   |
| <i>Going to the Dentist (Usborne First Experiences)</i> , Anne Civardi              | Usborne Publishing Ltd / Usborne Children's Books<br>ISBN: 9780794525927                           |
| <i>Growing Vegetable Soup</i> , Lois Ehlert   | Houghton Mifflin US<br>ISBN: 9780152325800   |
| <i>Handa's Surprise</i> , Eileen Browne   | courtesy of Walker Books   |
| <i>I Do Not Eat the Colour Green</i> , Lynne Rickards                               | Hachette Children's Group<br>ISBN: 9780340988664   |
| <i>I Will Never Not Ever Eat a Tomato</i> , Lauren Child                            | Candlewick Press<br>ISBN: 9780763621803  |
| <i>Maisy goes to Bed</i> , Lucy Cousins   | courtesy of Walker Books / Candlewick Press  |
| <i>Maisy, Charley and the Wobbly Tooth</i> , Lucy Cousins                           | Courtesy of Walker Books / Candlewick Press  |
| <i>Potter the Otter</i> , Shalini Singh Anand                                       | courtesy of Potter the Otter<br><a href="http://www.pottertheotter.com">www.pottertheotter.com</a> |
| <i>Smile (A Sunny McCloud Book)</i> , Leigh Hodgkinson                              | Hachette Children's Group<br>ISBN: 9781408301821   |
| <i>Smile, Crocodile, Smile</i> , An Vrombaut  | Oxford University Press<br>ISBN: 9780192725479   |
| <i>The Berenstain Bears Visit the Dentist</i> , Stan Berenstain and Jan Berenstain  | Turtleback Books<br>ISBN: 9780881031409  |
| <i>The Going to Bed Book</i> , Sandra Boynton                                       | Simon & Schuster<br>ISBN: 9780671449025  |
| <i>The Tooth Book</i> , Dr Seuss  | courtesy of Penguin Random House   |
| <i>The Very Hungry Caterpillar</i> , Eric Carle                                     | Penguin Random House / Penguin Books Australia<br>ISBN: 9780141352220                              |
| <i>The Waterhole</i> , Graeme Base  | Penguin Random House / Penguin Books Australia<br>ISBN: 9780140567533                              |
| <i>Where's Your Smile, Crocodile?</i> , Claire Freedman & Sean Julian               | Orchard Books UK (Hachette)<br>ISBN: 9781408308097   |





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