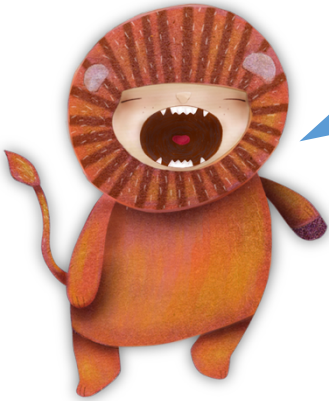


FIVE THINGS TO DO at bedtime

READ or look at books together – about toothbrushing, smiles, or going to bed

Point to the words on the *Let's brush* instructions



TALK what you are doing when brushing your teeth, "circles on the outside..."

Talk together at bedtime make up a bedtime story ... or share stories about your family. Bedtime can be a good time to ask your child about their day – things that made them happy or sad

SING toothbrushing songs – This is the way I brush my teeth (Here we go round the Mulberry Bush), or Brush, brush, brush your teeth (Row, Row, Row Your Boat)



PLAY animal games while brushing – guess what animal you are "Roar like a lion! Smile like a monkey," and talk about what you are doing

WRITE, draw, making marks and scribbling are the beginning of learning to write ... Draw me your smile!



scan the code to play fun toothbrushing songs on your phone