



# Brushing Your Teeth

## 1 year to 2 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 in their highchair for this activity and go shirtless; 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, grabbing their hand, dipping the toothbrush into the toothpaste, and then "painting" with it on the teeth picture.

6. Let go of their hand to see what they do. If they try to stick the toothbrush in their mouth, pull their hand away and redirect them to the toothpaste and paper for painting. Help their hand as needed, for as long as they show interest in painting.

### **Milestones to meet:**

The child can use fine-motor development in holding a toothbrush. The child can paint a picture.

### **Evaluation:**

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