



Brushing Your Teeth

4 years to 5 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 on a paper plate.
3. Put the picture of the teeth on the tray in front of your child.
4. Give them a toothbrush to use as a "paint brush."



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5. Explain to your child what to do. Parent will say to child: "You are going to dip the toothbrush into the toothpaste, and then paint with it on the teeth picture."

6. Have child paint on their own. Help as needed.

Milestones to meet:

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

Evaluation:

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