

Physical health

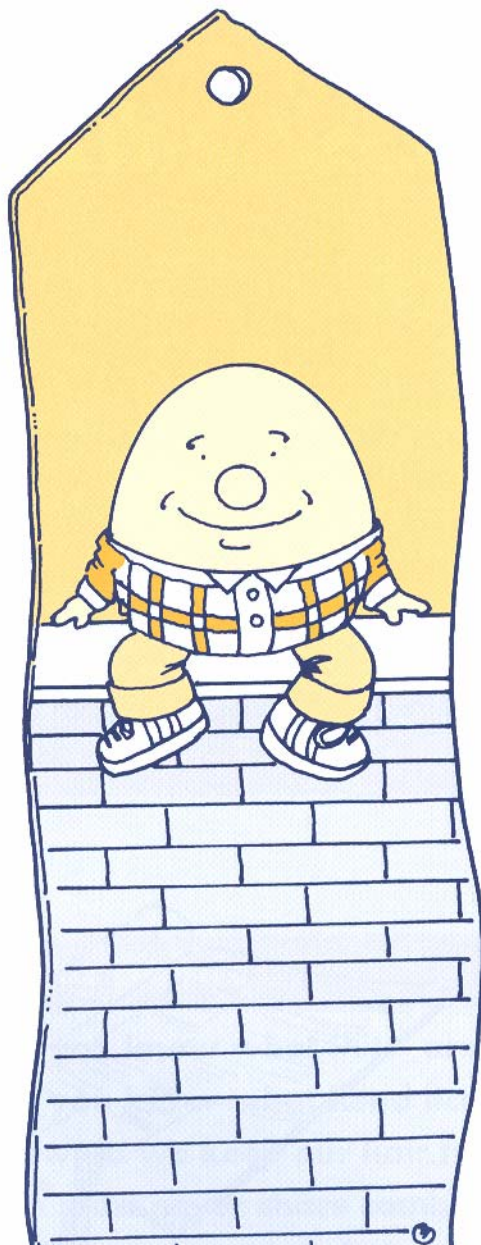
Brushing away

Skill

- Drawing and colouring
- Effective tooth brushing

Key points

It is important for your child to get into the habit of brushing their teeth twice a day (in the morning and before bed) to remove the plaque which sticks to the surface of teeth and can cause decay. This also helps to stop bad breath.



Now try this together

Make a wall chart for your child to record when they brush their teeth.

You will need paper, pencils, coloured crayons and a ruler. First of all fold the paper in half to divide the top from the bottom. On the bottom half draw lines, using the ruler, about one centimetre apart. Show your child how to draw vertical lines in between the others to make it look like bricks.

Once you have filled in all the lines you will have a brick wall effect. On the top half of the paper you can draw Humpty Dumpty sitting on top of the wall and colour him in. Mark each brick with the days of the week (two for each). When your child has cleaned their teeth, they can 'tick a brick'! You might like to put an egg-timer in the bathroom for your child to watch while they clean their teeth, as a proper clean will take about three minutes.

Talking points

- Why do we need a good brush to clean our teeth with?
- How do we make sure we are using the brush properly?
- What happens to teeth that aren't kept clean?
- What will help us to remember to