

Learning at Home

BRUSHING TEETH

Math

- How many teeth do you have? Count how many teeth you have lost.
- How many items are used in brushing teeth?
- How long is your toothbrush? The toothpaste tube? Which one is longer? Which one is heavier?
- How would we measure out mouthwash? (length or volume?)

Vocabulary

- Discuss what **oral hygiene** is. Talk about what good practices of oral hygiene are.
- Talk about what a **dentist** and **hygienist** is. How are they similar? Different?
- What does it mean to **rinse** after you brush your teeth?
- What is **floss**? What is its purpose?
- Discuss what **mouthwash** it and its purpose.
- Talk about what **tooth decay** is. What are the different ways we can prevent tooth decay?
- Use appropriate terminology when brushing teeth. (brush, rinse, mouthwash, floss, etc.)



Most
importantly
HAVE
FUN!

Books to Listen To

- The Berenstain Bears Visit the Dentist
https://www.youtube.com/watch?v=mO82L_brx2o
- Little Rabbit's Loose Tooth
<https://www.youtube.com/watch?v=8PWCqbOeniw>
- The Tooth Book
<https://www.youtube.com/watch?v=mcOQFKJMyyQ>

Discussion Topics

- Why should we turn off the water after we wet the toothbrush?
- Why is it important to keep our teeth healthy?
- What people in our community help keep our teeth healthy? (dentists & hygienists)
- What is the difference between tooth and teeth?

Reading & Writing

- Discuss or write down the steps involved in brushing teeth. Talk about what the effects might be if a step is skipped.
- Compare and contrast dentists and hygienists with medical doctors and nurses.