



ORAL HEALTH ACTIVITY SHEET – I HAVE A LITTLE TOOTHBRUSH

PURPOSE OF ACTIVITY

This activity is designed to help a toddler recognize a toothbrush and begin to understand what it is used for.

AGE GROUP

Toddlers, 18-36 months

TIME ALLOTMENT

10-15 minutes

SUPPLIES NEEDED

- Copy of “**I Have A Little Toothbrush**” rhyme.
- Several new wrapped toothbrushes in different sizes and colors.

STEPS

1. Sit on the floor in a semi-circle with 2-4 children in front of you. Show them a toothbrush. Identify and point to the two main parts of the toothbrush—the “handle” and the “bristles.”
2. Have the children hold out their hands, palms facing upward. Gently rub the toothbrush bristles across their hands. Ask them how it feels—share words like rough, prickly, sharp, and wiggly. Show them the different toothbrushes. Depending on the ages of the children, ask them some questions:
 - “What color is the toothbrush?”
 - “Which toothbrush is the biggest / the smallest?”
 - “What color toothbrush do you have at home?”
3. Using a puppet, a doll or demonstrating it in your own mouth, show how to use a toothbrush. Explain to them that a toothbrush is used to clean teeth and to get food off of their teeth. Share the “**I Have a Little Toothbrush**” rhyme. Depending on the ages of the children, let them pass along the toothbrushes as they are saying the rhyme. Keep the toothbrushes in wrappers to prevent children from placing them in their mouths.

RELATED RESOURCES

- **Little Bear Brushes His Teeth**, by Jutta Langreuter and Vera Sabat
- **Does a Lion Brush?**, by Fred Ehrlich, M.D. and Emily Bolam
- **Brush Your Teeth Please**, by Leslie McGuire and Jean Pidgeon

REINFORCING THE IDEAS

When working with a child one on one, allow him to hold the toothbrush and gently rub the bristles on his hands. Using a puppet, doll or stuffed animal, encourage the child to pretend she is brushing teeth.

PARENT INFORMATION

Send home the Parent Information sheet, **Toothbrushes and Toothpaste for Toddlers**. If possible, purchase and provide parents with an age-appropriate toothbrush.

For more information on becoming a WellSpot, visit wellaheadla.com or email WellAhead@la.gov.

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ORAL HEALTH ACTIVITY SHEET – I HAVE A LITTLE TOOTHBRUSH



I HAVE A LITTLE TOOTHBRUSH RHYME

I have a little toothbrush
I hold it very tight
I brush my teeth each morning,
and then again at night
(preschoolers perform the actions)