



Action Plan: Make brushing more fun



Brushing teeth can be fun! Choose a new way to get your child more interested in brushing.

☐ **Read books together about toothbrushing.**

Go to your local library. Choose a different toothbrushing book each time you go. Keep reading different books. Write down the names of the books your child loves. That way, you can check them out again in the future. Repetition is good for building children's memories! They will connect to what they have learned before.

Book list to start with:

Ages 0-2

Brush, Brush, Brush by Alicia Padron

Elmo's World - Being Clean by Random House and Mary Beth Nelson

Pony Brushes His Teeth by Michael Dahl

Ages 2-4

Brush Your Teeth Please by Leslie Mcguire

Sesame Street - Ready, Set, Brush by Sesame Street

Melvin the Magnificent Molar by Julia Cook

The Tooth Book by Dr. Suess

Bear's Loose Tooth by Karma Wilson

Arthur's Tooth by Marc Brown

Nick Jr - Dora the Explorer - Show Me Your Smile! A Visit to the Dentist by Christine Ricci

Curious George Visits the Dentist by Margret & H.A. Reyes

The Teeth that Looked for a New Mouth by Jill Jones

Ages 4-6

Sugarbug Doug by Dr. Ben Magleby

Clarabella's Teeth by An Vrombaut

Sam's Science - I Know Why I Brush My Teeth by Kate Rowan

The Berenstain Bears Visit the Dentist by Stan and Jan Berenstain

You Think It's Easy Being the Tooth Fairy? By Sheri Bell-Rehwoldt

Just Going to the Dentist by Mercer Mayer

Dear Tooth Fairy by Alan Durant

Ages 6-10

The Tooth Book by Edward Miller

Open Wide Tooth School Inside by Laurie Keller

The Night Before the Tooth Fairy by Natasha Wing



Action Plan:

Make brushing more fun (continued)



Books to check out again in the future:

☐ **Let your child choose their next toothbrush or toothpaste.**

There are many kids' toothbrushes with small heads and soft or very soft bristles. They come in all kinds of colors and designs! Just make sure that the toothbrush is the correct size for your child and has soft bristles. Check toothbrush and toothpaste labels to see what age group they are for. And, make sure to choose a toothpaste with fluoride!

☐ **Watch videos for kids about toothbrushing.**

Watch a few until you figure out the ones your child likes. Make a note of their favorites and play them from time to time! Try to keep screen time to 1 hour or less per day.