

My Big Teeth

What You Need:

- A 20 oz. Plastic Bottle or 2 Liter Bottle
- White Paint
- Paint Brush
- Toothbrush

What You Do:

- Make large teeth with your child to help them learn to brush. Simply, cut the bottom off of a 20oz. or two liter bottle and cover it with white paint.

THEN...

- Show your child how to brush their new big teeth.
- Using a *new toothbrush, brush the big teeth while saying this fun rhyme:

“This is the way we brush our teeth, brush our teeth, brush our teeth.
This is the way we brush our teeth, so early in the morning.
Brush them up and brush them down, in little circles or round and round.
Don't brush them from side to side, for those sugar bugs will surely hide.”

(*do not use the toothbrush to brush your own teeth)

