

Cumbria County Council  
*Early Years Team*

## What can I do today?



**This week it is ...teeth**

## Friday

*May is National Smile Month so we are focusing on Teeth this week!*

### **Toothbrushing practise**

- Good toothbrushing takes practise!
- Why not gather some toys that are in need of a clean to practise your brushing technique?
- Perhaps it's your cars that need a good scrub or maybe some animals or dinosaurs are in need of a bath?
- Use an old toothbrush and small bowl of soapy water and get brushing.
- Remember not to brush too hard as you don't want to scratch the paintwork or hurt your animals!
- You could add a toothbrush to your baby's treasure basket to explore – always supervise this. They can practise grasping the brush in their hand and putting it to their mouths. Some toothbrushes have special shaped handles for little hands.