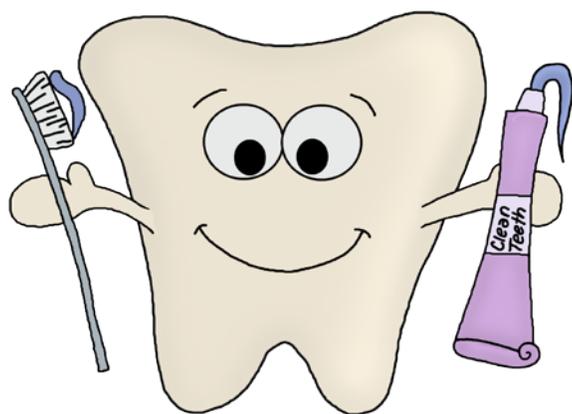


# Dental Health



Songs, Poems  
and Fingerplays



## Are Your Teeth Clean and White (Sung to: "Do Your Ears Hang Low!")

Are your teeth clean and white?  
Do you brush them every night?  
Do you brush them in the morning?  
Do you brush your teeth right?  
Do you brush them side to side?  
Do you brush them up and down?  
Are your teeth clean and white?

Do you floss your teeth good  
To remove the bits of food?  
Do you floss them every day?  
Like you know you should?  
Do you take good care of  
The teeth that are there?  
Do you floss them good?



## If You Brushed Your Teeth This Morning (Sung to: "If You're happy and You Know It")

If you brushed your teeth this morning,  
Smile real big.

If you brushed your teeth this morning,  
Smile real big.

If you brushed your teeth this morning,  
Then your smile will really show it.

If you brushed your teeth this morning,  
Smile real big!



## My Teeth

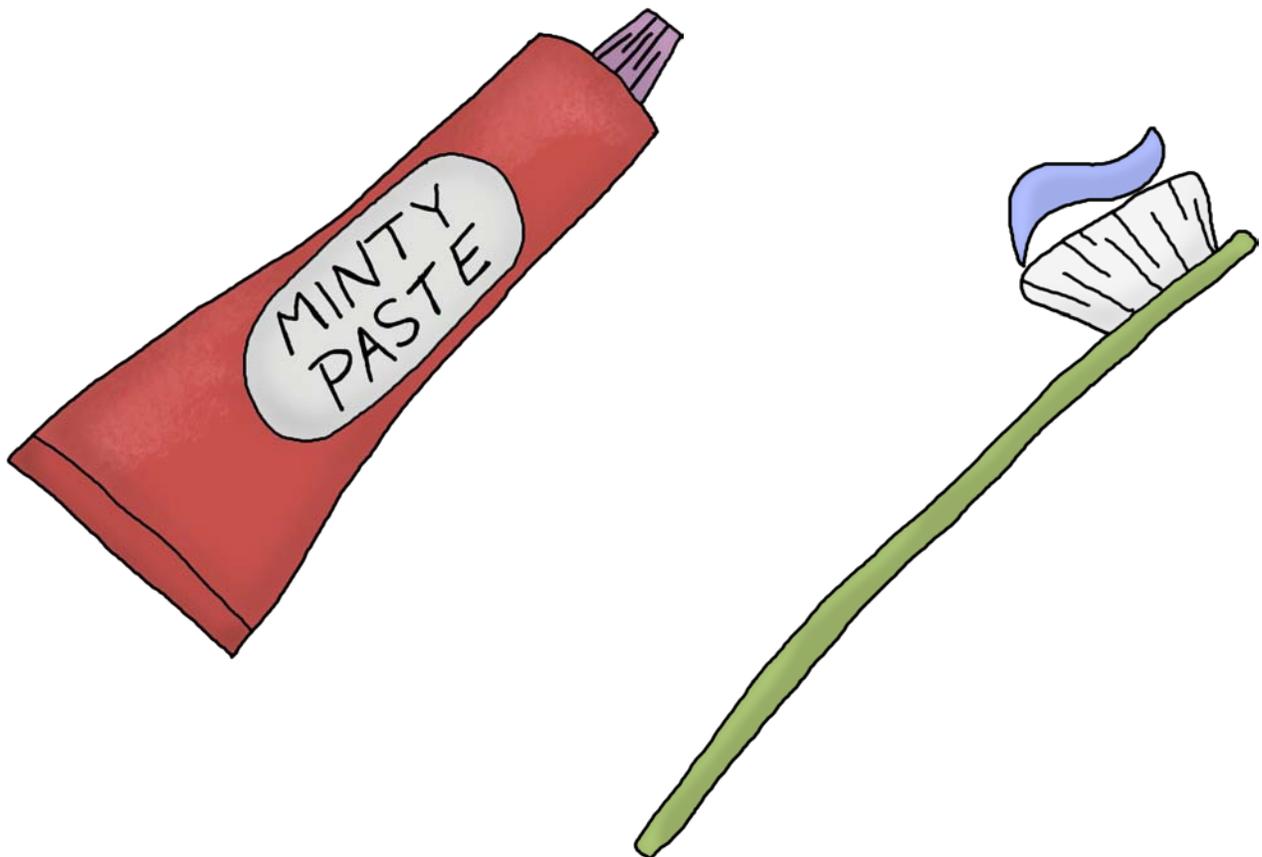
Can you see my teeth?  
I use them to chew.  
I chew things like carrots,  
so my teeth stay like new.

Can you see my teeth?  
I use them to bite.  
I bite things like apples,  
so my teeth will stay white.

Can you see my teeth?  
I use them to smile.  
I brush until my grin,  
is as wide as a mile!

# Brushing my Teeth (Sung to: "London Bridges")

Here's my toothpaste  
Here's my brush  
I won't hurry, I won't rush.  
Working hard to keep teeth clean,  
Front and back and in between.  
When I brush for quite a while  
I will have a happy smile.



## Brush, Brush, Brush Your Teeth (Sung to: "Row, Row, Row Your Boat")

Brush, Brush, Brush Your Teeth,  
'til they're shiny bright.  
They'll be healthy, they'll be strong,  
if you treat them right.



## A Toothbrush (Sung to: "Yankee Doodle")

Of all things around the town,  
A toothbrush is a dandy,  
brush up and down and all around,  
and stay away from candy!

# Sparkle

(Sung to: "Twinkle, Twinkle")

Sparkle, sparkle, little teeth,  
Some above and some beneath.  
Brush them all at every meal,  
Clean and fresh they'll always feel.  
Sparkle, sparkle, little teeth,  
Some above and some beneath.

Floss them, floss them, in between.  
Cavities will not be seen!  
See your dentist twice a year,  
You will grin from ear to ear.  
Floss them, floss them, in between,  
Cavities will not be seen!

Snacking, snacking, it's okay.  
Try it in the proper way.  
Eat raw veggies, fruit and cheese.  
They will make your mouth say "Please!"  
Snacking, snacking, it's okay.  
Try it in the proper way.

# The Dentist's Song

(Sung to: "Row, Row, Row Your Boat")

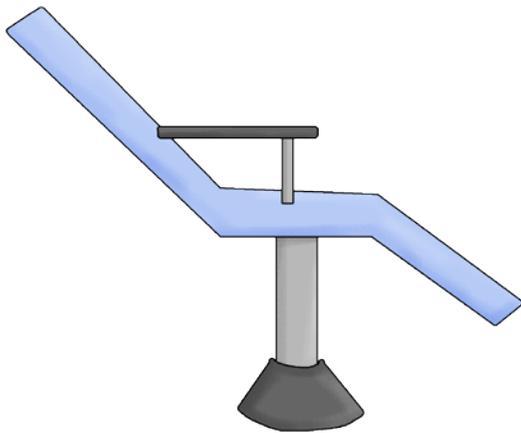
Brush, brush, brush your teeth.  
Keep them clean each day.  
then you'll have a pretty smile,  
And healthy teeth all day.



# The Doctor's Song

(Sung to: "Row, Row, Row Your Boat")

I use a stethoscope  
To listen to your heart.  
To help you be a healthy child  
And heal you when you're aren't.



## Dentist

If I were a dentist,  
I know what I would do.

(Point to self.)

I'd tell all the children, "Brush your teeth."

(Imitate brushing teeth.)

"Keep a smile like new."

(Make a big smile and point to lips.)

And if a tiny hole should show,

I'd say, "Climb into my chair."

(Make circle with fingers.)

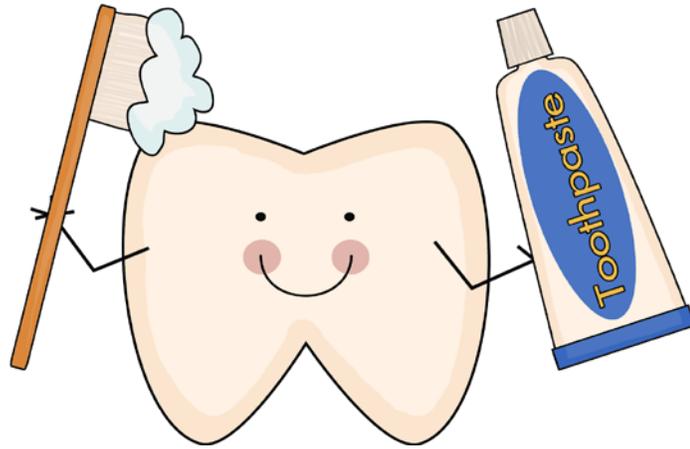
I'd make my little drill go buzzzzzzzzzzzz,

And put a filling there!

(Point to teeth.)

# I've Been Brushing

(Sung to: "I've Been Working on the Railroad")



I've been brushing with my toothbrush,  
Brushing every day.  
I've been brushing with my toothbrush,  
It's how I fight decay.  
All my teeth are gonna sparkle,  
How proud I will be.  
Every time I want to smile, my  
Teeth will Shine for me!  
Always brush your teeth,  
Every Single day.  
Keep those cavities away!  
Use your brush and paste,  
Just the way you should,  
Keep your smile a looking good!

## Tooth Finger Play

(Use Fingers to represent teeth)

Sad tooth, sad tooth, full of decay  
Sweets caused me to feel this way

Happy tooth, happy tooth shiny and white,  
Brushing keeps me beautiful and shining so bright



## Brush our Teeth

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.



## The Dentist Says

The dentist says, please brush your teeth  
The dentist says, please brush your teeth  
The dentist says, please brush your teeth  
And you'll have a healthy smile.

The dentist says, please floss your teeth  
The dentist says, please floss your teeth  
The dentist says, please floss your teeth  
And you'll have a healthy smile

The dentist says, please eat good food  
The dentist says, please eat good food  
The dentist says, please eat good food  
And you'll have a healthy smile



## My Toothbrush

I have a little toothbrush.  
I hold it very tight.  
I brush my teeth each morning,  
and then again at night.  
I go brush, brush, brush.  
And rinse, rinse, rinse,  
And then when they're all clean,  
I will blow you a kiss!

# Brush & Floss

**Brush Your Teeth**  
(Sung to: "Jingle Bells")

Brush your teeth,  
Brush your teeth,  
Give your teeth a treat.  
Brush up and down and all around,  
To keep them clean and neat!  
Brush them once,  
Brush them twice,  
Brush three times a day.  
Brush up and down and all around,  
Keep cavities away!

## Brush your Teeth

(Sung to: "Row, Row, Row Your Boat")

Brush, brush, brush your teeth.

At least two times a day.

Cleaning, cleaning, cleaning, cleaning,  
Fighting tooth decay.

Floss, floss, floss your teeth.

Every single day.

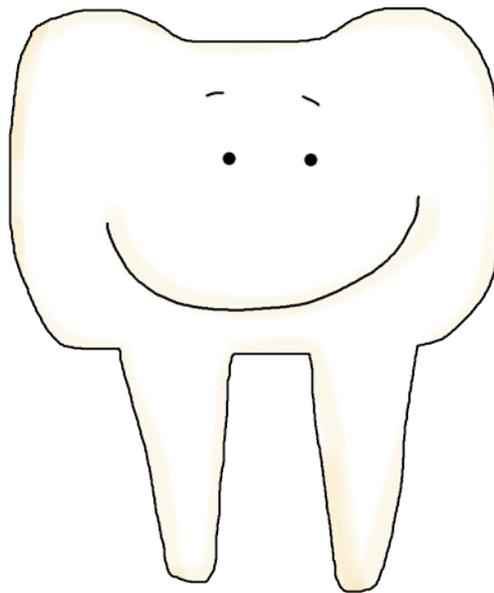
Gently, gently, gently, gently,  
Whisking plaque away.

Rinse, rinse, rinse your teeth

Every single day.

Swishing, swishing, swishing, swishing,  
Fighting tooth decay.





## I Have a Loose Tooth Chant

A wiggly, jiggly loose tooth.

I have a loose tooth.

A wiggly, jiggly loose tooth.

A-hanging by a thread.

So I pulled my loose tooth.

My wiggly, jiggly loose tooth.

Put it 'neath my pillow.

And then I went to bed.

The fairy took my loose tooth.

My wiggly, jiggly loose tooth.

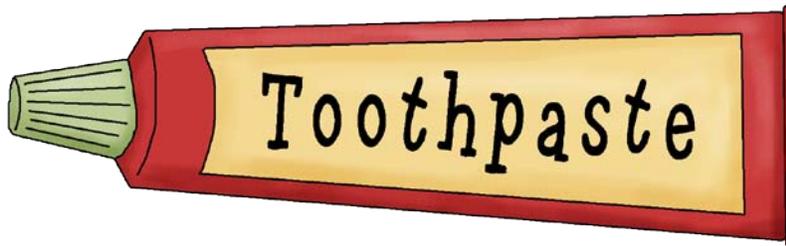
And now I have a nickel.

And a hole inside my head.

## Got My Toothpaste

(Sung to: "Twinkle, Twinkle, Little Star")

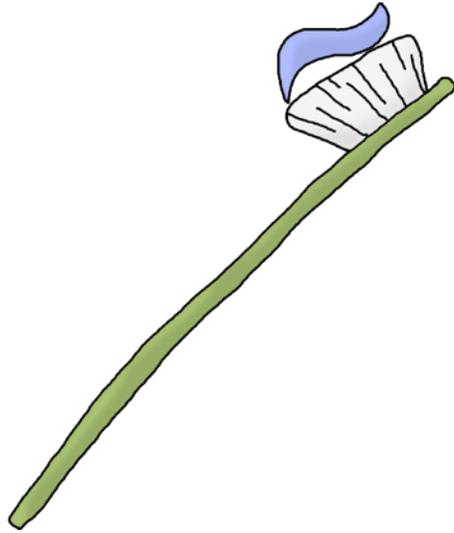
Got my toothpaste, got my brush,  
I won't hurry, I won't rush.  
Making sure my teeth are clean,  
Front and back and in between.  
When I brush for quite a while,  
I will have a happy smile!



## Dr. Danny

(Sung to: "Are you sleeping?")

Dr. Danny  
Always tells me,  
Brush your teeth.  
Brush your teeth.  
Brush them in the morning  
And again at bedtime.  
Brush your teeth.  
Brush your teeth.



## Use Your Toothbrush (Sung to: "Where is Thumbkin")

Use your toothbrush.

Use your toothbrush.

Every day.

Every day.

Keep your smile shining bright.

Morning, noon and every night.

Brush, brush, brush.

Brush, brush, brush.