

Tips for brushing young teeth

Spark their interest

Pretend to brush teddy's or doll's teeth.

Make up a story e.g. the toothbrush (the good guy) beating the invading germs (the bad guys).

Face opposite each other and brush at the same time, mirroring how you brush - or brush each other's teeth. ROAR like a dinosaur or a tiger (an open mouth will help you to access their teeth).

Try different products, like a milder toothpaste, a fun toothbrush, a 2 minute timer or brushing in front of a mirror .

Have a few different coloured brushes they can choose from to suit their mood!

Distraction - watching TV or a tablet while you brush their teeth?

They can spit out into a tissue or some kitchen roll.



Be Positive

Brush your teeth at the same time together.. "I like it when we brush our teeth together!"

Give an immediate reward: a bedtime story, watch something on TV or play outside.

An independent child? Let them brush first, then you follow up.

Take a deep breath and be patient if they are not co-operating .

Choose your timings well i.e. avoid overtiredness and stressful times of the day.

Try to leave at least 30 minutes after eating or drinking .

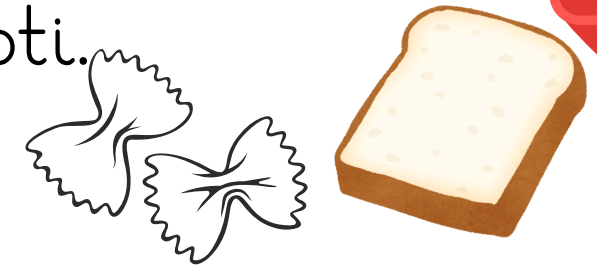
Develop a routine each time.

Give praise for any compliance or achievement "Well done! Great brushing! Your teeth are so clean!".

Build on each achievement by reminding them of how well they did before

BUILD YOUR OWN MIX AND MATCH PACKED LUNCH

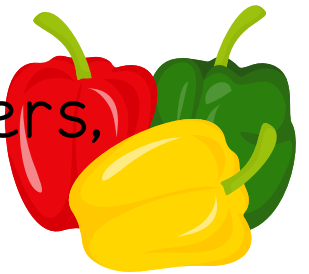
THINGS TO FILL YOU UP Bread, wraps, chapattis, fufu, pasta, noodles, pitta, cassava, potatoes, crackers, breadsticks, cous cous, rice, roti.



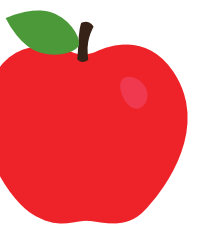
THINGS TO KEEP YOU FULLER FOR LONGER Chicken, cheese, fish, hummus, soy chunks, turkey, lentils.



VEG TO ENERGISE YOU Halved cherry tomatoes, carrot, celery, cucumber, peppers, sugar snap peas.



FRUIT TO REFRESH YOU Satsumas, apple slices, pineapple, halved grapes, berries, melon.



TREATS TO LOOK FORWARD TO Malt loaf, teacakes and fruit bread.




DRINKS TO HYDRATE YOU Water and milk



Using the Toilet.

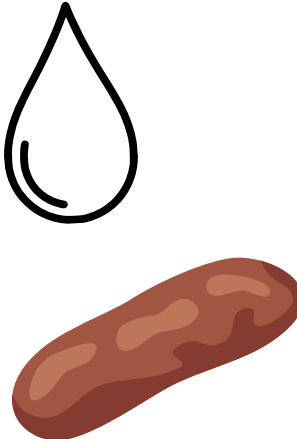
1 Pull pants down



2 Sit on toilet



3 Try to do a wee or a poo



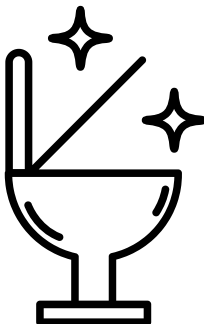
4 Wipe yourself clean.



5 Pull pants up



6 Flush the toilet



7 Wash and dry your hands



Our Favourite Nursery Rhymes

1,2,3,4,5 Once I Caught a Fish

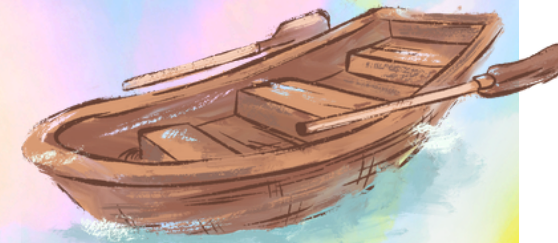
One, two, three, four, five, Once I
caught a fish alive. Six, seven, eight,
nine, ten, Then I let it go again.

Why did you let it go?
Because it bit my finger so. Which
finger did it bite? This little finger
on the right.



Row ,Row , Row Your Boat

Row, row, row your boat,
Gently down the stream,
Merrily, merrily, merrily, merrily,
Life is but a dream.



Incy Wincy Spider



Incy wincy spider climbed up
the waterspout,
Down came the rain and
washed the spider out,
Out came the sun and dried
up all the rain,
So Incy wincy spider climbed
up the spout again.

Twinkl Twinkle Little Star

Twinkle, twinkle little star
How I wonder what you are
Up above the world so high
Like a diamond in the sky
Twinkle, twinkle little star
How I wonder what you are

