

Cumbria County Council
Early Years Team

What can I do today?



This week it is ...teeth

Monday

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

Nursery Rhymes

- Nursery rhymes are a great way to help you brush your child's teeth as sometimes little ones need distracting!
- You can change the words of popular rhymes to fit!

Baa Baa Black Sheep, have
you cleaned your teeth?
Yes Sir, Yes Sir, to keep
them neat,
Once on a morning and once
on a night,
Then I go to the Dentist to
keep them bright!

This is the way we brush our
teeth, brush our teeth,
brush our teeth,
This the way we brush our
teeth on a cold and frosty/ dark
and gloomy/ bright and sunny
(delete as appropriate that
day!) morning!
Repeat