Montessori Activity Guide

Brushing Teeth & Gums

MATERIALS



for babies

- a toothbrush, or silicone teether brush
- a way of storing the toothbrush (Ex: cup, basket, sack on a hook)
- adult toothbrush and cup for modelling
- mirror

for toddlers and older children

- The materials above and…
- cup for rinsing
- a washcloth or towel
- children's toothpaste (from 2-3 years)

TIPS

Wash the toothbrushes with boiling water regularly to keep them clean.

Allow the child to complete any and all steps of the presentation below.

The child is allowed to brush his teeth whenever he wants. Ideally he will be able to reach the materials by himself.

Divide tasks as needed, depending on whether your child wants to work independently or with your help.

If any misuse of the materials occurs, put the materials out of reach and bring them back to the child's level again when the next time for teeth brushing occurs

STEP BY STEP

1. Invite the child with a specific phrase or song.

"Let's go brush our teeth."

"I'm going to show you something new today."

"Would you like… or…."

2. Setting up

– Go to the sink or water source.
– Show the child how to turn on the water.
– Fill the cup *halfway* and dip the brush in the water

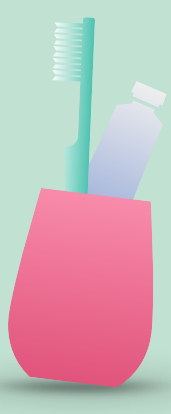
3. Brush teeth

– Model how you brush your teeth in small circles and up and down.
– Encourage the child to brush their teeth.
– You can take turns brushing each others teeth as well.

"You try!"

4. Spitting

– If the child is ready, fill your cup up again *halfway* with clean water
– Model rinsing your mouth with the water and spit it out into the sink.
– Encourage the child to try rinsing and then spitting out the water.
– *Let this be a fun activity.*



4. Clean up

– Rinse the brush in the cup with water and put the toothbrush away.
– Carefully pour the water out.
– Place all materials back in their special spot.
– Dry face, hands, and any drops of spilled water.
– If needed, place wet cloths in the hamper and hang a clean towel up.

by Katelynn Johnson, AMI 0-3 guide © Montessori Mother ELC