

Lesson Plan:

“I Can Brush My Teeth!”

Early Childhood

(3 to 5 yrs)

Subject:

Health.

Focus:

Dental hygiene.

Overview:

Teeth brushing is usually taught at home, but can be taught at school as well. Children in all day programs should brush their teeth once while there.

Purpose:

To teach about dental hygiene in general and teeth brushing specifically.

Objectives:

- To gain knowledge about dental hygiene.
- To increase teeth brushing skills.
- To practice teeth brushing skills.

Resource Materials:

- A sink with mirror.
- A cup.
- A toothbrush.
- Toothpaste.

Activities and Procedures:

1. Ask the children who knows how to brush their teeth and have them describe it.
2. Then tell the children verbally how to brush their teeth, making sure to fill in gaps in their knowledge.
3. Demonstrate how you brush your teeth in front of the sink and mirror.
4. Have children brush their teeth in front of the mirror as you watch and assist.

Tying It All Together:

Dental hygiene is sometimes a forgotten art. Teeth brushing is important for physical and socioemotional development. It is good for children to learn how, to practice, and to develop an appreciation for teeth brushing.

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