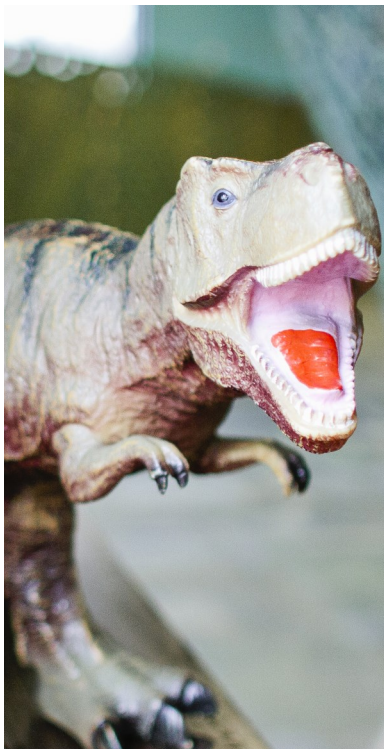
Play to Learn

DENTAL HEALTH

Each week highlights areas of development from the Washington Kindergarten Inventory of Developing Skills (WaKIDS) that are enhanced and supported as we playfully learn together!



SOCIAL/EMOTIONAL DEVELOPMENT: Focusing on dental health in fun ways helps children to manage rules and routines and to grow in confidence as they learn to meet their own needs.

How many teeth do you have? Who do you know who has lost a tooth? What animals have really big teeth? What animals have really tiny teeth? What makes you smile?

PHYSICAL DEVELOPMENT: Singing and signing together during circle time, pretending to brush the teeth of different toys, counting our teeth and practicing tooth brushing all help us gain control over large and small muscles.

MATHEMATICAL DEVELOPMENT: Collect information from other kids your child knows about how many teeth each one has and/or has lost and figure out a way together to graph, chart or otherwise represent the data that you have collected.

BOOK SUGGESTIONS

Molly at the Dentist by Angie Sage

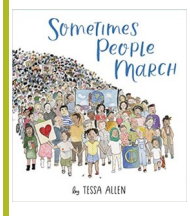
A Trip to the Dentist by Penny Smith

Max Goes to the Dentist by Adria F. Klein

Dr. Kanner, Dentist with a Smile by Alice Flanagan

Maisy, Charlie and the Wobbly Tooth by Lucy Cousins

What to Expect When You Go to the Dentist by Heidi Murkoff



CELEBRATE UNIVERSAL HUMANS RIGHTS MONTH

Sometimes people march to resist injustice, to stand in solidarity, to inspire hope. No matter how or why people march, they are powerful because they march together.
What would you march for?

SONG OF THE WEEK:

Brush, Brush, Brush Your Teeth

(*Tune: Row, Row, Row Your Boat*)

Brush, brush, brush your teeth,

Brush them every day.

Brush the front and brush the back, Brush the plaque away.

Floss, floss, floss each day,

In between each tooth

Do it once or twice each day

To keep out tooth decay

TRY USING:

- Loud voices
- Quiet voices
- Fast tempo
- Slow tempo

play to learn Pierce County

powered by greentrike

Playing At Home

We are holding weekly interactive Virtual Play to Learn sessions with songs, stories, activities and conversation! Come together and have fun "playing at home!" Sessions are held on Mondays and Wednesday. Please visit our website at greentrike.org for session details and how to register. Hope to see you there!

BRUSH, BRUSH, BRUSH

Brushing: Before teeth grow in, gently clean your baby's gums with a soft cloth after each feeding. Once teeth start to come in, clean their teeth twice a day with a small soft toothbrush and a little toothpaste - about the size of a grain of rice. Preschool age children should use a pea-size amount of toothpaste and have assistance while brushing. Model healthy brushing habits for your child and encourage them to brush for two minutes. **Flossing:** Begin flossing your child's teeth when the sides of their teeth begin to touch. Flossing helps to remove bacteria that builds up in between teeth. Model healthy flossing habits by flossing your own teeth and show your child how.

Activity: Make brushing (and flossing) in the morning and evening a fun routine by finding a fun song to sing. Brush together in the bathroom and share the experience so children see your good habits too! **Begin regular visits to a dentist for continued healthy teeth and gums!**

YOU WILL NEED:

- Toothbrush & Toothpaste
- Dental floss
- Soft clean cloth (for infants)

WHAT IS MY CHILD LEARNING?

Encouraging your child to practice brushing their teeth on their own develops independence and self-confidence in initiating tooth brushing. **Remember:** It is still important for an adult to help brush a child's teeth, making sure that all of the surfaces are carefully brushed.

Singing songs helps children practice brushing their teeth for the proper length of time and makes the experience fun and more enjoyable. **It is recommended that we brush our teeth twice a day for two minutes.**

Use a timer to find out what other things you can do in the time it takes to brush your teeth. Compare how the time feels and what an important thing can be accomplished in such a short amount of time.

POWER OF PLAY MESSAGE

PLAY BUILDS FRIENDSHIPS

- Engaging in play with other families expands your community of support
- Play helps your child learn to share space, materials and ideas with others

MUSEUM HOURS OF PLAY

The museums offer *Pay As You Will admission.*
Pay what you can during your visit to help us ensure that every child gets a chance to play!

children's museum at JBLM

PUBLIC HOURS
Friday – Sunday 10 a.m. – 5 p.m.
Friday 2– 5 p.m. Low Sensory Hours

MEMBER HOURS
Monday 10 a.m. – 1 p.m.
Saturday 9 – 10 a.m.

children's museum of Tacoma

PUBLIC HOURS
Friday – Sunday 10 a.m. – 5 p.m.
Friday 2—5 p.m. Low Sensory Hours

MEMBER HOURS
Monday 10 a.m. – 5 p.m.
Saturday 9 – 10 a.m.