



Brush the Teeth White

Dip the "toothpaste" and brush the black "teeth" white.

Helps Your Child Grow



Health, Safety, and Nutrition

Brushing pretend dark marks from the teeth gives your child practice with the movements and sequence of a toothbrushing routine.



Cognitive Self-Regulation (Executive Functioning)

Continuing until all the pretend dark marks are brushed away gives your child practice following through on a clear, manageable task.

Steps

- Gather a toothbrush, white washable paint, and red, black, and white construction paper. Cut a large mouth shape from the red paper and several small squares from both the black and white paper. Arrange the squares as mixed black and white teeth.
- Show the mouth and explain that the toothbrush and pretend toothpaste can make the black teeth white. Demonstrate dipping the brush lightly in paint and covering one black square.
- Let your child paint all the remaining black teeth white.

Tips

- If your child loses interest halfway through, shift the challenge: count how many black marks are still left to brush away and see whether they want to finish the job.

Observations

- ☐ Uses the toothbrush to brush the pretend black teeth until they look white
- ☐ Keeps brushing until all the black "teeth" are white