

In this booklet you will find something to sing, something to read, something to listen to, something to make, something to colour, something to look for, something to cut, something to trace and something to draw.

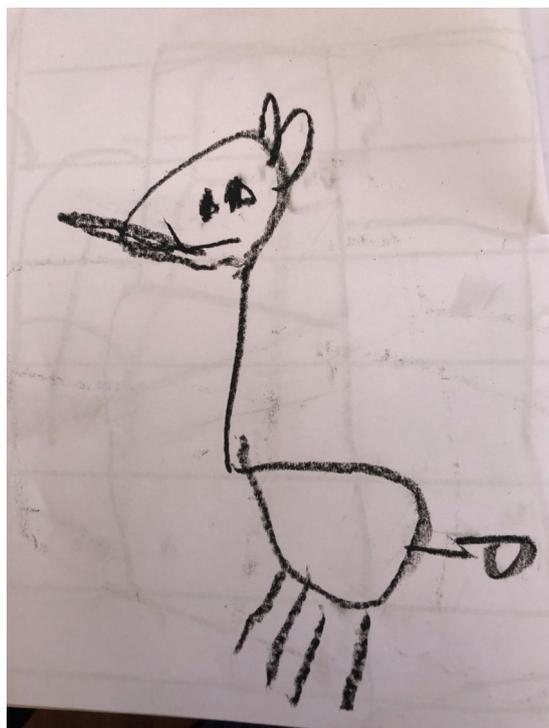
Enjoy exploring TEETH

We'd love to see your work, please share it and any feedback -
Outreach Playgroups facilitator - janet.gordon@goulburn.nsw.gov.au
or SaCC coordinator Alan Caldow - alan.Caldow1@det.nsw.edu.au

Pass this booklet on to your family and friends and encourage them to join us at Playgroup when we are back to normal.

Check out Goulburn Regional Art Gallery's website for additional art experiences

<https://goulburnregionalartgallery.com.au/education/resources>

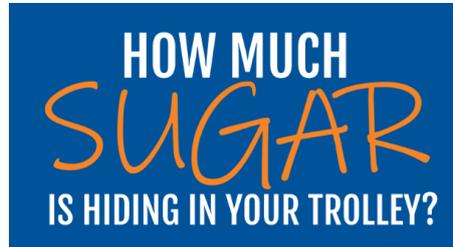


Artwork flashback - Taralga Outreach Playgroup 2019

DENTAL HEALTH WEEK

Dental Health Week takes place each year in the first full week of August, so this year it is 3 - 9 August.

This years message is



4 ways to Promote Healthy Dental Practices for your toddler

<https://www.playgroupnsw.org.au/ParentResources/Health/healthy-dental-practices-toddlers>

8 tips to brush children's teeth

<https://www.playgroupnsw.org.au/ParentResources/ParentingYoungChildren/tips-to-brush-children-teeth>

Playschool YouTube video - first visit to the dentist

<https://www.youtube.com/watch?v=6pQC8R4p6yI>

List of Dentists in Goulburn area

Atkinson & Stalker Dental - 209 Auburn Street, Goulburn - 48211164

Crookwell Dental Surgery - 26 Robertson Street, Crookwell - 48320799

Dr Andrew Lin Dental Surgery - 40 Montague Street, Goulburn - 48212413

Dr Sue Bui Dental - 67 Goldsmith Street, Goulburn - 48217284

Goulburn Community Health Centre - Dental (Oral) health Services - Cnr Goldsmith and Faithful Streets, Goulburn - 1800 450 046

Goulburn Dental Care - 205 Auburn Street, Goulburn - 48212531

Goulburn Family & Cosmetic Dental Practice - 99 Bourke Street, Goulburn - 48228224

Goulburn Smiles Family Dental - 60 Clifford Street, Goulburn - 48212755

Vivid Smile Dental Centre - 137 Bourke Street, Goulburn - 48212299

Orthodontics Exclusively - 92 Bradley Street, Goulburn - 48217558

Something to SING

YOU BRUSH YOUR TEETH

Oh, when you wake up in the morning at a quarter to
one

And you just want to have some fun . . .

CHORUS

You brush your teeth tch-chch-tch-tch-chc-tch-tch

You brush your teeth tch-chch-tch-tch-chc-tch-tch

Oh, when you wake up in the morning at a quarter to
two

And you just can't think of a thing to do . . .

CHORUS

Oh, when you wake up in the morning at a quarter to
three

And your mind starts humming fiddle-di-dee . . .

CHORUS

Oh, when you wake up in the morning at a quarter to
four

And you've just heard a knock at the door . . .

CHORUS

Oh, when you wake up in the morning at a quarter to
five

And you just want to feel a little ALIVE . . .

CHORUS

Oh, when you wake up in the morning at a quarter to
six

And you've just had a plate of Weet-Bix . . .

CHORUS

DENTAL HEALTH SONG

(tune: do your ears hang low)

Are your teeth clean and
white?

Do you brush them every
night?

Do you brush then in the
morning?

Do you brush them right?

Do you brush them up and
down?

Do you brush them side to
side?

Are your teeth clean and
white?

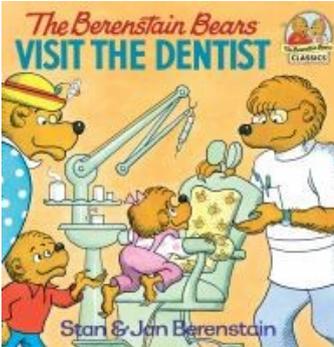


Something to READ

EBook

EAudiobook

(Goulburn Mulwarree Library and Upper Lachlan Shire Libraries BorrowBox)



The Berenstain Bears visit the Dentist

By Jan Berenstain



Fairy Gold

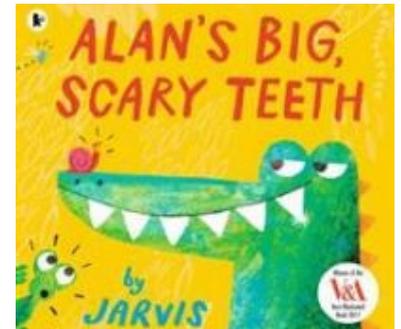
By Gwyneth Rees

Books



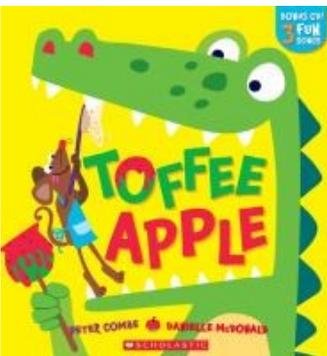
The tooth brushing badge

By Lauren Holowaty



Alan's big, scary teeth

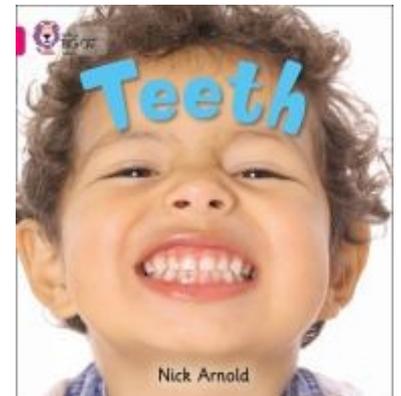
By Jarvis



Toffee apple

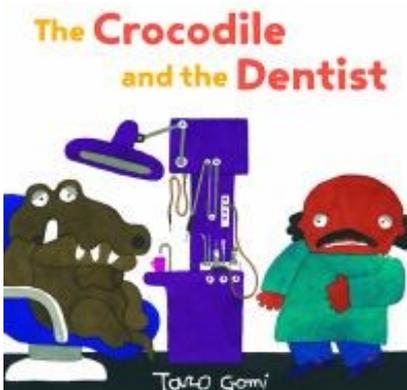
By Peter Combe

Book and CD



Teeth

By Nick Arnold

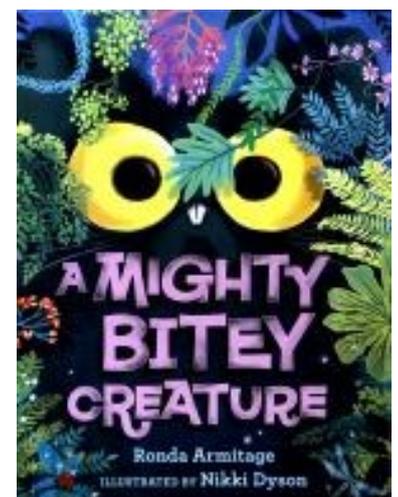


The crocodile and the dentist

By Taro Gomi

A mighty bitey creature

By Ronda Armitage

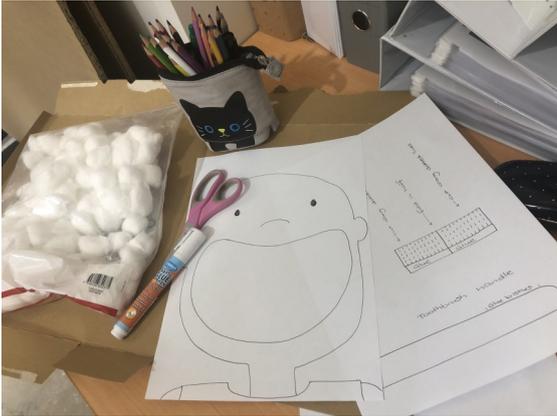


Something to MAKE

BRUSHING TEETH HEAD

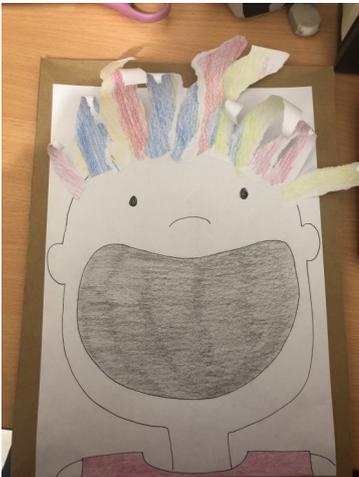
You will need:

- * Cardboard (I used an empty cereal box)
 - * Cotton balls
 - * Scissors
 - * Glue
 - * Textas or pencils
- * Head and toothbrush templates on next page



Make your brushing teeth head

- 1) Draw your head with a BIG mouth on the cardboard or glue the template on the next page on to your cardboard
- 2) Colour in your head
- 3) Give yourself some hair (I coloured in some strips of paper to be my hair)
- 4) Glue cotton balls in your BIG mouth to be your teeth



Make a toothbrush

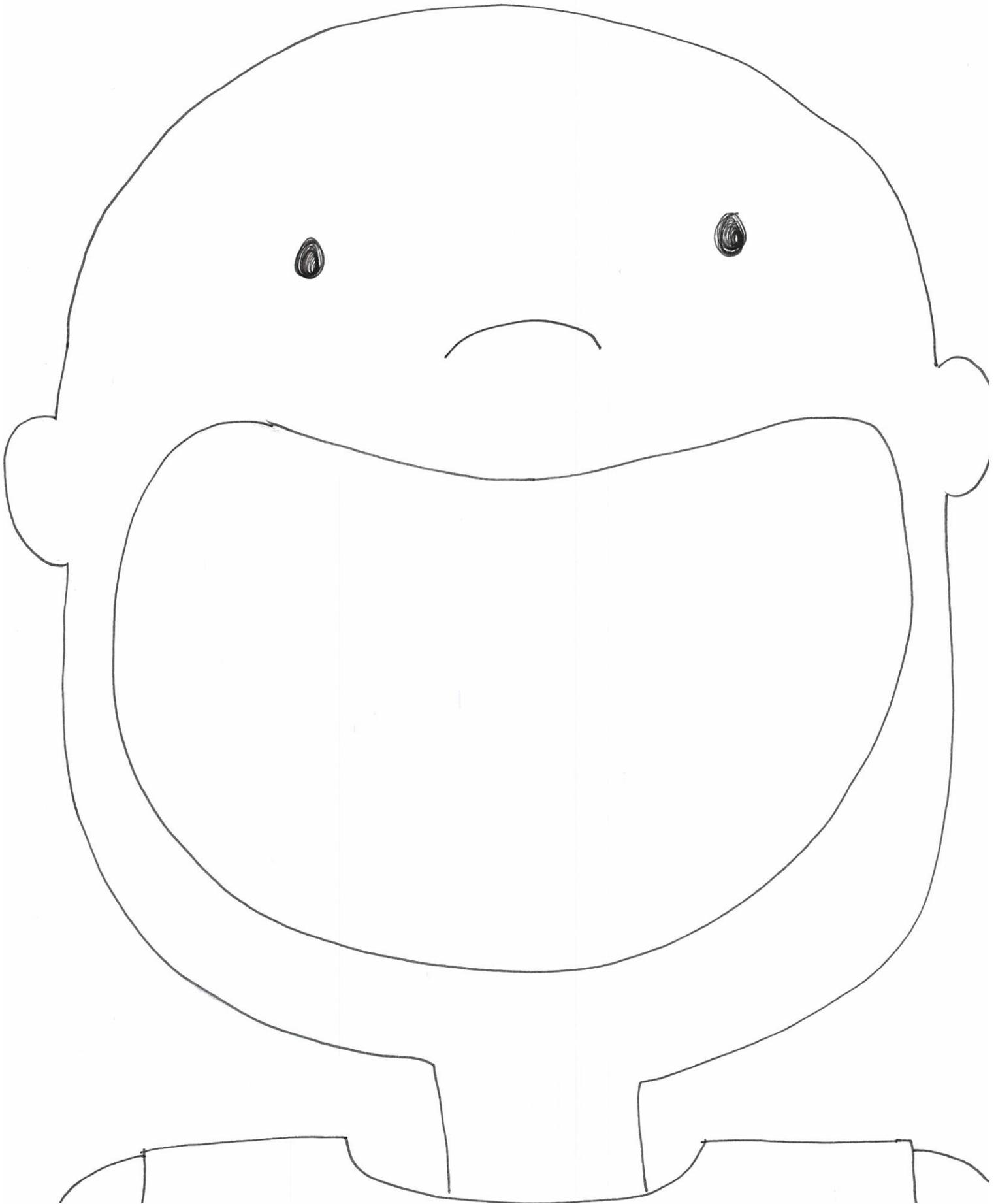
- 1) Glue the toothbrush handle template on to a piece of cardboard, colour it in then cut it out
- 2) Cut out the bristle template, fold in half, glue together, then glue to one end of your toothbrush handle



- 3) Cut along the dotted lines to make individual bristles
- 4) You can use your toothbrush to gently brush your cotton ball teeth

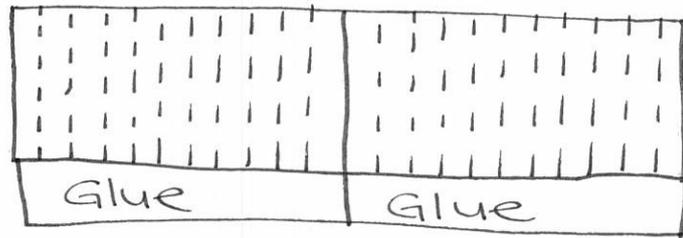
* if you haven't got cotton balls, you could use scrunched up paper or draw some teeth *

Head Template

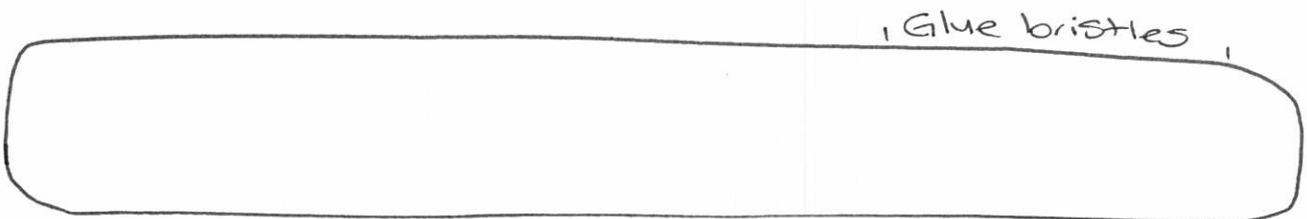


Toothbrush Template

Toothbrush
Bristles



Toothbrush handle



Something to COLOUR

<http://fairycoloringpages.blogspot.com/>



The Tooth Fairy

Something to LOOK FOR

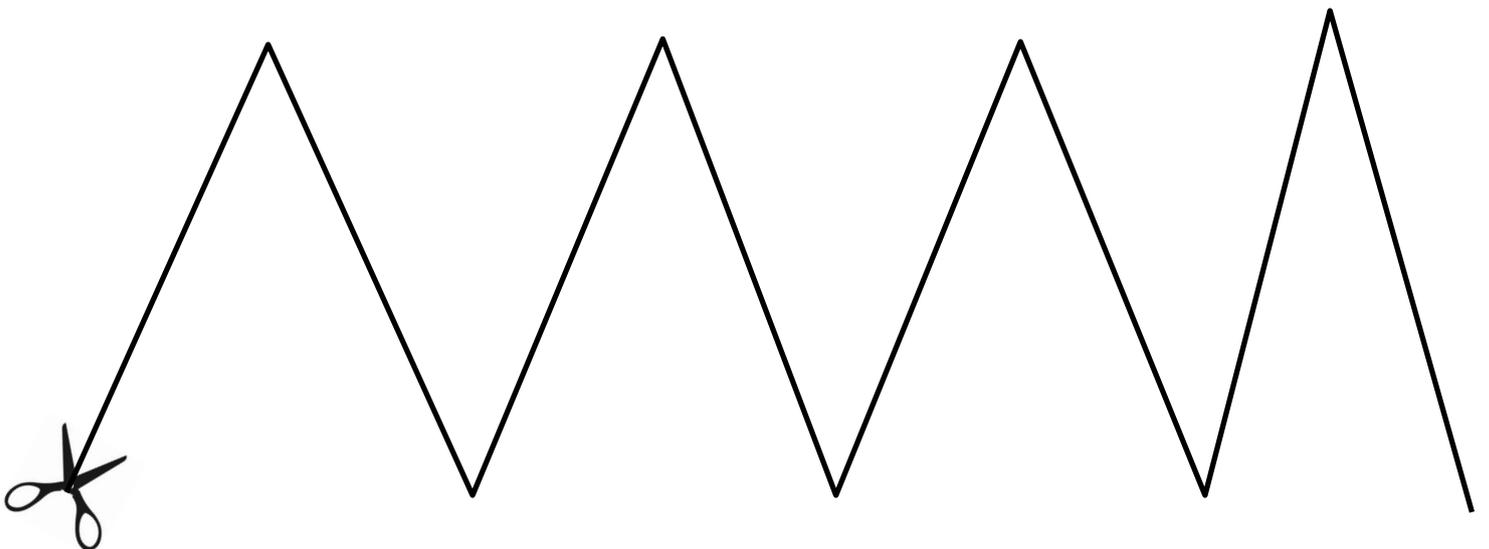
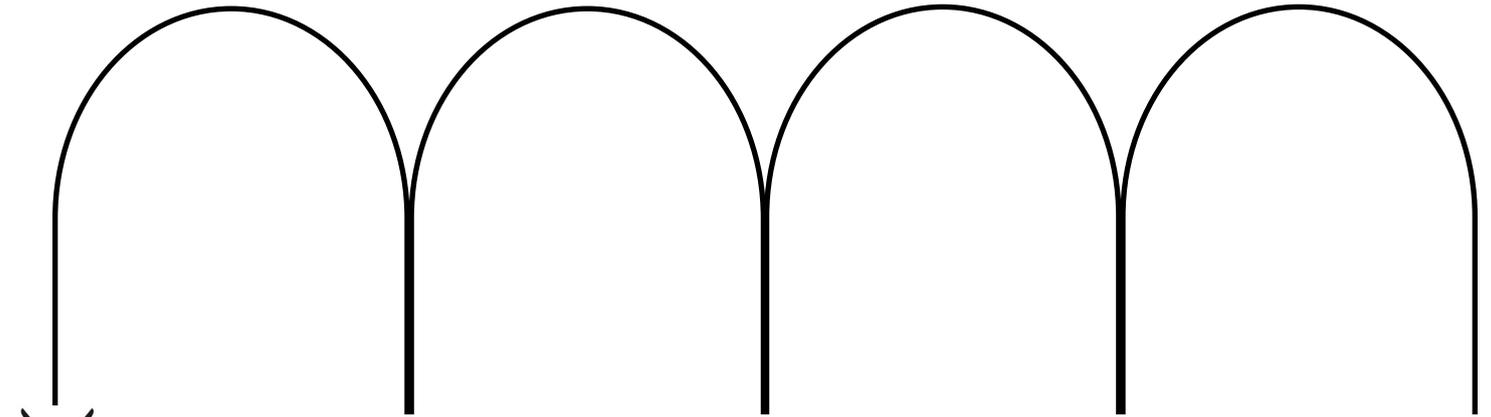
Lets go on a **Tooth Hunt**

How many of these things, we use to keep our teeth healthy, can you find?

Give it a tick when you see it

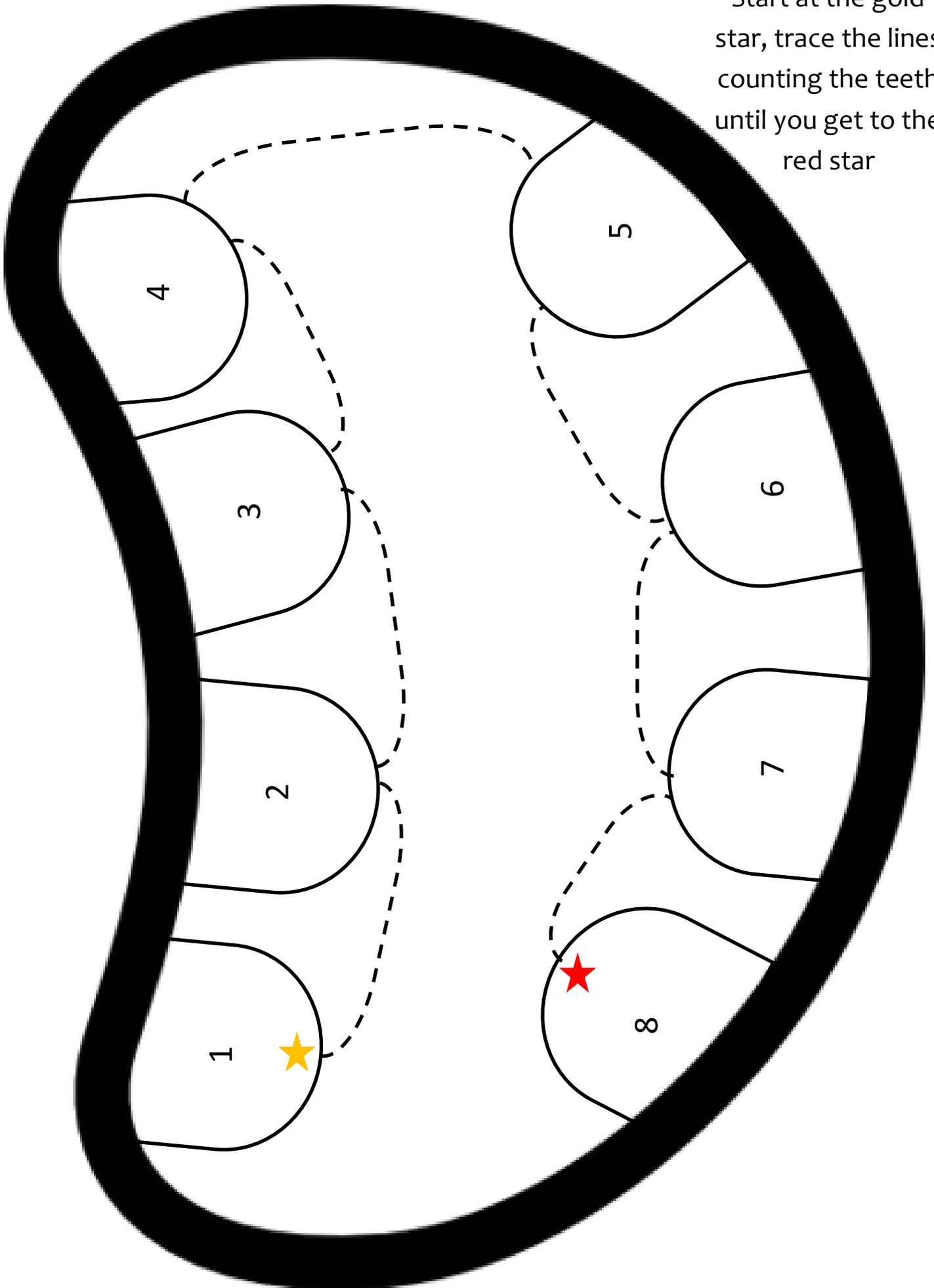


Something to CUT



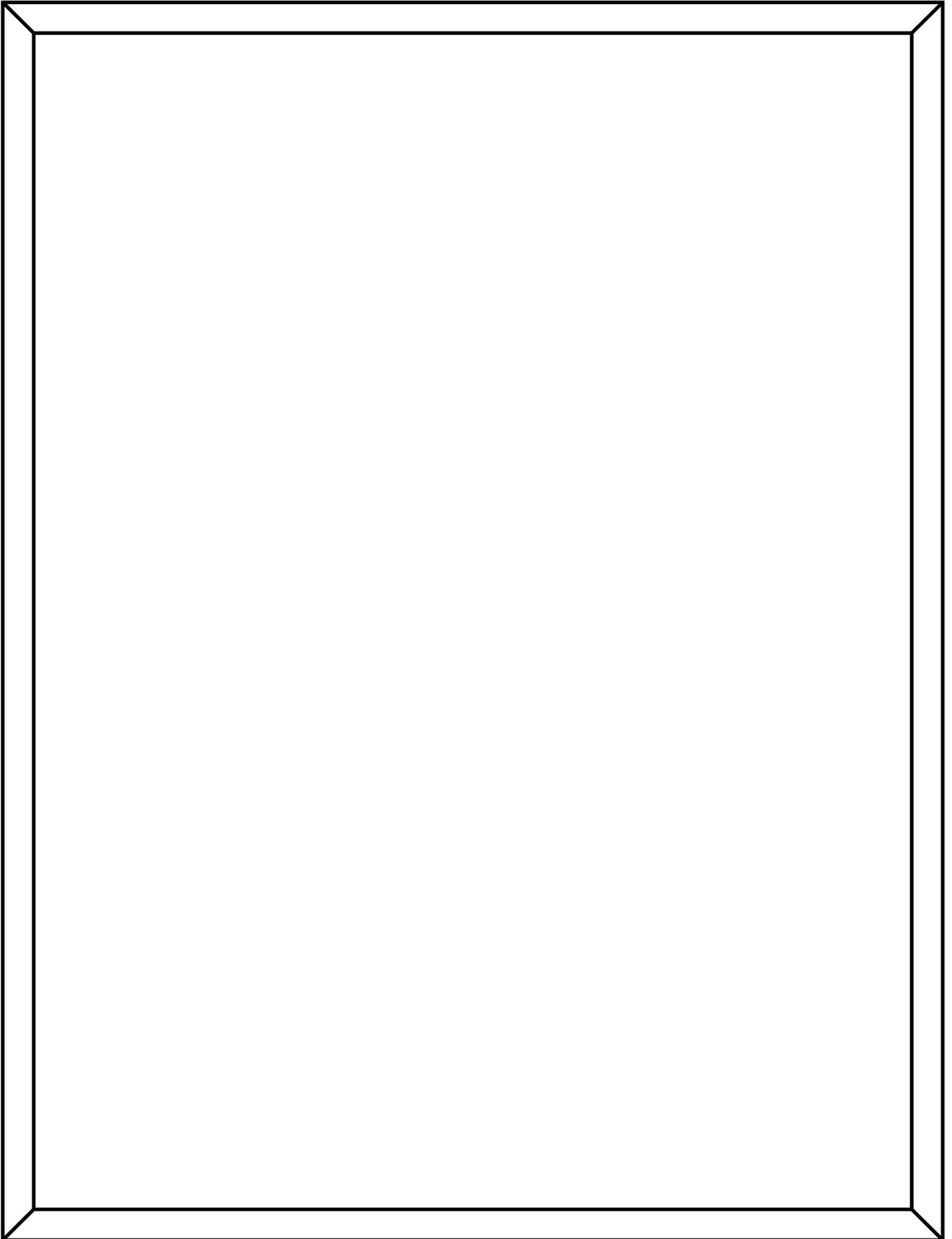
Something to TRACE

Start at the gold star, trace the lines counting the teeth until you get to the red star



Something to DRAW

Draw a crocodile



Is it's mouth open? Can you see it's teeth? Is it in the water?