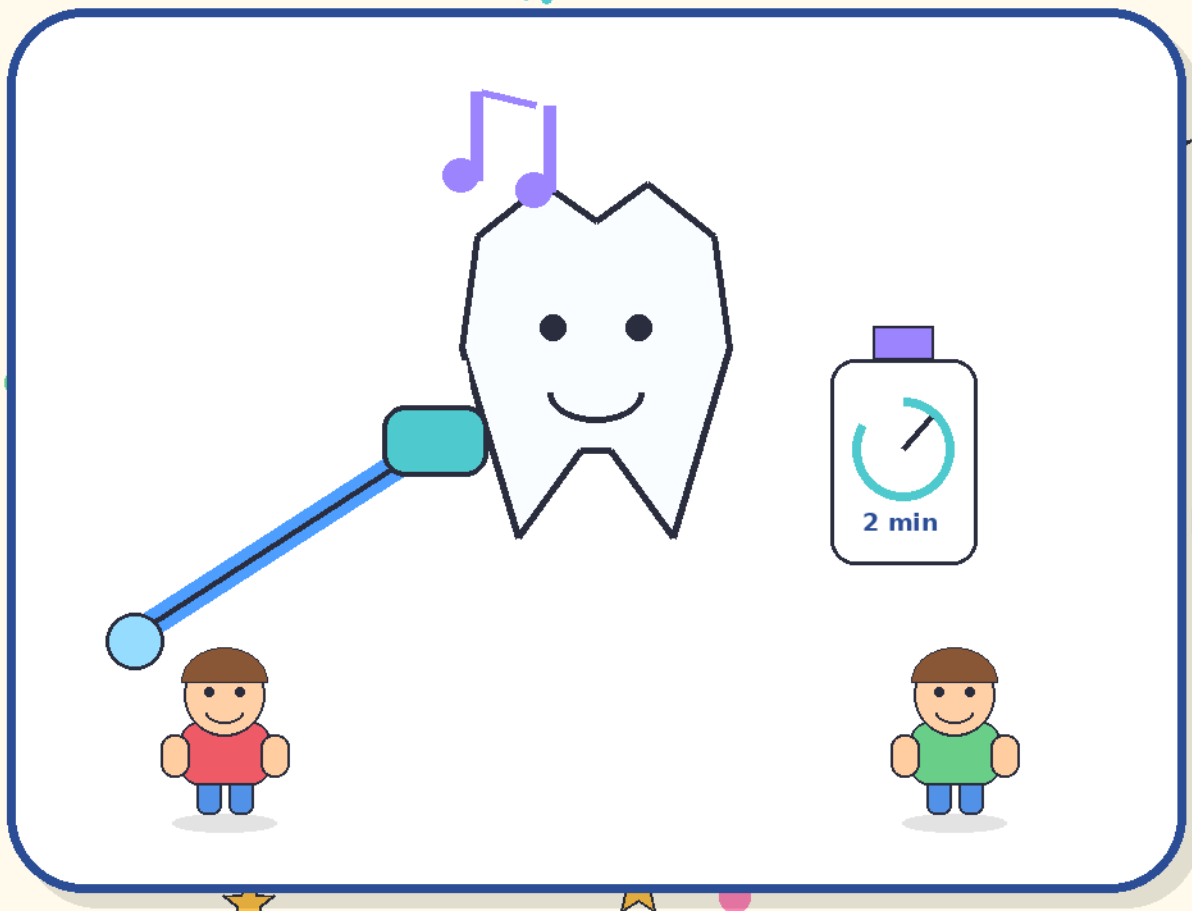


Toothbrushing Song Routine Chart

A colourful printable pack to help kids brush with rhythm, routine and smiles



Brush until the song finishes.

Morning and bedtime routine support.

How to Use This Pack

Keep it simple, gentle and repeatable



1

Choose one song

Pick a brushing song your child knows or an original brushing tune.

2

Start the routine

Say: We brush until the song finishes.

3

Adult helps finish

Let your child try, then an adult helps clean all tooth surfaces.

4

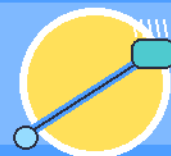
Praise the action

Notice effort: You opened wide. You brushed the back teeth.

Parent note: This pack supports routine building. It does not replace advice from your dentist, health visitor, GP or another qualified

Morning Brushing Chart

Tick each step after breakfast or morning routine



☐ Toothbrush ready

☐ Fluoride toothpaste added

☐ Song started

☐ Top teeth brushed

☐ Bottom teeth brushed

☐ Back teeth brushed

☐ Front teeth brushed

☐ Adult helped finish

☐ Spit, do not rinse

☐ Smile checked

My morning song: _____

Today I brushed: morning / bedtime / both

Bedtime Brushing Chart

Last thing at night reminder



☐ Pyjamas on

☐ Toothbrush ready

☐ Tiny smear or pea-sized amount checked

☐ Bedtime song chosen

☐ Brush top teeth

☐ Brush bottom teeth

☐ Brush back teeth

☐ Adult helps finish

☐ Spit, do not rinse

☐ Toothbrush put away

My bedtime brushing song: _____

Remember: brush before sleep, then only water after brushing if needed.

Choose Your Brushing Song

Pick one song for this week



Brush Your Teeth Song

Action words match brushing

This week



Twinkle Slow Version

Calm bedtime brushing

This week



If You're Happy

Call and response fun

This week



Wheels on the Bus

Round and round brushing

This week



Row Your Boat

Gentle repeat tune

This week



Name Song

Add your child's name

This week



2-Minute Timer Song

Clear start and finish

This week



Family Favourite

Use what your child loves

This week

2-Minute Brushing Tracker

Brush until the song finishes



Use a 2-minute song, timer or gentle brushing audio. Tell your child: when the song finishes, brushing is done.



Top outside

☐

Done



Top inside

☐

Done



Bottom outside

☐

Done



Bottom inside

☐

Done



Back teeth left

☐

Done



Back teeth right

☐

Done

Gentle reminder: Young children usually need adult help to brush properly.

Toothbrushing Steps for Kids

Sing, brush, spit, smile



1

Toothbrush ready



2

Tiny smear or pea-sized toothpaste



3

Start the song



4

Brush top teeth



5

Brush bottom teeth



6

Brush back teeth



7

Adult helps finish



8

Spit, do not rinse



Parent Helper Reminder

Support without turning it into a battle



Give warning

Teeth time in one minute.



Offer two choices

Brushing song or star song?



Brush together

Let your child copy you.



Help finish

Adult guides the final clean.



Praise effort

You opened wide.



Stay calm

Try again gently tomorrow.

Praise ideas: You stayed with the song. You let me brush the back teeth. You spat out the toothpaste.

If brushing causes pain, bleeding, swelling, extreme distress or worries, speak with a dentist or health professional.

Toothpaste Amount Reminder

Ask a dentist or health visitor if unsure



Under 3 years



Age 3 to 6



Pea-sized amount

Use fluoride toothpaste and supervise children so they do not swallow toothpaste. Encourage spit, do not rinse.

My child's toothpaste question: _____

Dentist or health visitor advice: _____

One Week Brushing Tracker

Morning and bedtime tick chart



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	☐	☐	☐	☐	☐	☐	☐
Bedtime	☐	☐	☐	☐	☐	☐	☐

Our brushing song this week: _____

Effort stars:



Remember: The goal is routine and proper adult help, not perfect cooperation every time.

Dentist Question Page

Bring your questions to an appointment

☐

Is my child's brushing technique okay?

☐

How much toothpaste should we use?

☐

Which fluoride toothpaste is suitable?

☐

Should my child spit or rinse?

☐

What should I do if brushing is stressful?

☐

What if I see spots, decay or bleeding gums?

☐

How often should my child have checkups?

☐

Does my child need extra support?

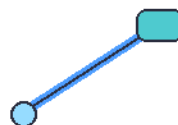
My main question:

Advice I was given:

Next step:

Toothbrushing Star

For singing, brushing and trying



Toothbrushing Star

Awarded to

for brushing with a song
and trying again every day.



Date: