Activity Kit
Brush Book Bed
Linking toothbrushing to bedtime
Introduction

One of the most effective ways to prevent tooth decay is toothbrushing. Yet, we know getting children to brush can be challenging.

**Brush Book Bed** is a pilot toothbrushing promotion program that aims to strengthen parents’ self-efficacy to establish a regular habit of parent-child toothbrushing.

**Brush Book Bed** continues our work in the Supported Playgroup setting with **Baby teeth count too!** an initiative that promotes good dental health of children from birth to five years. **Baby teeth count too!** has been updated to build the skills of professionals to promote toothbrushing, including showing families how to brush. A new companion **Activity Kit** offers Facilitators a suite of resources to engage and collaborate with families, such as play activities, storybook ideas, and songs.

The program supports the triangular partnership between child, family, and playgroup. To help parents build a habit of brushing their young child’s teeth at home, we are tying toothbrushing to the bedtime routine. **Brush Book Bed** encourages toothbrushing, reading together, and getting to bed at a regular time each night.

**Brush Book Bed** also provides practical support for families at home, including tricks and tips to make toothbrushing fun.

---

**Brush Book Bed Activity Kit**

**Sharing with families**

activities with this icon are designed for children and parents to do together to learn about dental health in a playful way. Use the ‘Key messages for children’ to start a conversation and encourage children’s learning.

**Sharing with parents**

activities with this icon are designed to promote discussion with parents and caregivers, and encourage families to share and learn from each other’s ideas and experiences.

This collection is just the start. We encourage you to work with children, families and your local community to develop and use your own ideas.

---

The **Brush Book Bed Kit** is adapted from **Baby teeth count too!** Oral health information for playgroups was developed by Dental Health Services Victoria and made possible through the Healthy Families, Healthy Smiles initiative with funding from the Victorian Government Department of Health and Human Services.
Let’s talk about: bedtime routine

Activity: Bedtime for bears

What you will need

- Print and cut out the templates
  - Bear in a bed cut-out
  - Put the bears to bed cut-out
- They could use textas, crayons, paint, glue and glitter

Key messages for children

★ We need sleep to keep us healthy, happy and doing our best.

What to do

1. Bear in a bed cut-out
   Children can create designs and patterns that would look great on their bed!

2. Put the bears to bed cut-out
   Role play bedtime routine. Use the bears to role play, talk and tell stories about bedtime routine.

Ask children

ASK: Do you have a special bedtime routine? How do you get ready for bed and a good night’s sleep? Who and what do you say “goodnight” to every night?

Let the children talk about their routine.

ASK: Close your eyes for a minute and think about when you go to bed, what you do when it’s your time for bed.

Tell me a little bit about your time for bed. What you do to get ready for a good night’s sleep – brush your teeth or read a book.

Download Bear’s bedtime action rhyme
from Silky Steps
www.silkysteps.com
Activity: Time for bed, Ted

What you will need

- The Going To Bed Book by Sandra Boynton
- Your child’s favourite friend to sleep with – a doll, teddy bear or stuffed animal
- Pyjamas for the sleep friend, blanket, a toothbrush and a bedtime story

What to do

READ The Going To Bed Book by Sandra Boynton

After reading the story talk to the children about the bedtime routine.

Talk about Brush, Book, Bed and have the children copy – into pyjamas, brush teeth, read a favourite book together, off to sleep.

Key messages for children

- We need sleep to keep us healthy, happy and doing our best.

Ask children

ASK: Do you have a special bedtime routine? How do you get ready for bed and a good night’s sleep? Who and what do you say “goodnight” to every night?

Let the children talk about their routine.

ASK: Close your eyes for a minute and think about when you go to bed, what you do when it’s your time for bed. Tell me a little bit about your time for bed. What you do to get ready for a good night’s sleep – brush your teeth or read a book.

ASK: Where do animals like birds, pigs, or dogs sleep? What routines do animals follow before they go to sleep?

At home

At home children can help put their bedtime friend to bed following the Brush, Book, Bed routine.

Have the child brush a doll/stuffed animal’s teeth and then put the doll/stuffed animal to bed. Remind the child that the toothbrush is the last thing to touch his teeth before he goes to sleep!

TAKE PHOTOS or video of your child and his/her adventures with his sleep friend. The photos (and/or videos) can be used to make a story book of the bedtime routine.
Let's talk about: bedtime routine

Storybooks

Bedtime routines

**Along Came a Bedtime**
*Ian Whybrow*

It's nearly bedtime, but Baby Bear and friends are having too much fun to even think about going to bed! In fact, there's so much playing to be done that Baby Bear has to make sure that everyone is included! This brilliant rhythmic romp will encourage every little one to settle down for a sound night's sleep.

---

**The Going to Bed Book**
*Sandra Boynton*

This classic bedtime story is just right for winding down the day as a joyful, silly group of animals scrub scrub scrub in the tub, brush, brush brush their teeth and finally rock and rock and rock to sleep.

---

**Maisy goes to Bed**
*Lucy Cousins*

It's time for Maisy to go to bed. First she likes to drink her favorite bedtime drink. Then she needs to brush her teeth, wash her hands, put on her pajamas and read a bedtime story, of course. There's lots to do! With tabs to pull and flaps to lift, children will love helping Maisy get ready to go to sleep in this charming bedtime adventure.
Storybooks

Sleep (Goodnight)

**Goodnight Moon**  
*Margaret Wise Brown*  
A little bunny bids goodnight to all the objects in his room before falling asleep.

**Where Do Diggers Sleep at Night?**  
*Brianna Caplan Sayres*  
Illustrations and rhyming text reveal what trucks, tractors, and construction vehicles do to get ready for bed after a hard day’s work.

**It’s Time To Sleep, My Love**  
*Nancy Tillman*  
At bedtime, birds, bees, fishes, and other creatures urge their tired children to go to sleep.

**Sleep Is For Everyone**  
*Paul Showers*  
Discusses the importance of sleep and what happens to our brains and bodies during slumber.

**Time for Bed**  
*Mem Fox*  
As darkness falls parents everywhere try to get their children ready for sleep.
Songs

**Bedtime**

There were five in the bed and the little one said,
‘Roll over, roll over!’
So they all rolled over and one fell out
There were four in the bed and the little one said,
‘Roll over, roll over!’
So they all rolled over and one fell out
There were three in the bed and the little one said,
‘Roll over, roll over!’
So they all rolled over and one fell out
There were two in the bed and the little one said,
‘Roll over, roll over!’
So they all rolled over and one fell out
There was one in the bed and the little one said,
‘Good night!’

**Twinkle, twinkle, little star**

Twinkle, twinkle, little star,
How I wonder what you are.
Up above the world so high,
Like a diamond in the sky.
Twinkle, twinkle, little star,
How I wonder what you are!

**Good Night**

Now it’s time to say good night
Good night, sleep tight
Now the sun turns out his light
Good night, sleep tight
Dream sweet dreams for me
Dream sweet dreams for you
Close your eyes and I’ll close mine
Good night, sleep tight
Now the moon begins to shine
Good night, sleep tight
Dream sweet dreams for me
Dream sweet dreams for you

Baby teeth count too! Activity Kit
The following materials used in the development of the package are sourced from:

<table>
<thead>
<tr>
<th>Category</th>
<th>Title</th>
<th>Author/Publisher</th>
<th>Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACTIVITY</td>
<td>Bedtime for bears</td>
<td>Courtesy of Silky Steps</td>
<td><a href="http://www.silkysteps.com">www.silkysteps.com</a></td>
</tr>
<tr>
<td>BOOK</td>
<td>Time For Bed</td>
<td>Mem Fox, Gosford, NSW: Omnibus Books, an imprint of Scholastic Australia</td>
<td>ISBN: 9781742999821</td>
</tr>
<tr>
<td>SONG</td>
<td>Bedtime</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SONG</td>
<td>Twinkle, Twinkle, Little Star</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SONG</td>
<td>Good Night, The Beatles</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>