



## Healthy Happy Mouth Words

Oral health words while you *Brushhh*

**Beginner:** Talk about oral health words. Use a mirror to point to mouth parts.

**[Tip]:** Vocabulary words: smile, toothbrush, toothpaste, dental floss, mouthwash, tooth/teeth, lips, gums, tongue, taste, bitter, sweet, salty, sour. Challenge words: molars, incisors, pearly whites, tonsils.

**Intermediate:** Talk about *WHY* we brush our teeth, and the people who help keep our teeth healthy.

**[Tip]:** Vocabulary words: dentist, hygienist, orthodontist. Challenge words: enamel, roots, cavity, filling, braces.

**Experienced:** Talk about healthy *WAYS* to brush and floss teeth.

**[Tip]:** Play or hum a song to encourage brushing teeth for a long enough time.

**Why is this important?** Children benefit from exposure to vocabulary words including conversations on healthy habits which encourages understanding of important health concepts.

**Reference:** McLeod, R. H., Kaiser, A. P., & Hardy, J. K. (2018). The Relation Between Teacher Vocabulary Use in Play and Child Vocabulary Outcomes. *Topics in Early Childhood Special Education*, 39(2), 103-116. <https://doi.org/10.1177/0271121418812675>