



## TIP SHEET Music Therapy: Brushing Teeth Songs

Silly or fun songs can help provide motivation for children to brush their teeth. Try singing one of these songs while your child brushes, soon it could become a fun game!

### **Brush, Brush, Brush Your Teeth”**

Sung to: “Row, Row, Row Your Boat”

Brush, brush, brush your teeth  
Brush them night and day.  
Open wide and trek inside,  
Now you’re on your way.

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### **“It’s Time to Brush Your Teeth”**

Sung to: “She’ll Be Coming Around the Mountain”

Oh it’s time to brush your teeth right now.  
Oh it’s time to brush your teeth right now.  
Oh it’s time to brush your teeth,  
it’s time to brush your teeth,  
it’s time to brush your teeth right now.

Get out your brush and toothpaste right now.  
Get out your brush and toothpaste right now.  
Put some paste on the brush,  
Paste on the brush,  
Paste on the brush right now.

Open up your mouth and trek inside.  
Open up your mouth and trek inside.  
Move the brush up and down,  
Brush up and down  
Brush up and down right now.

Take a sip of water swish, swish, swish.  
Take a sip of water swish, swish, swish.  
Swish and spit it out,  
Swish and spit it out,  
Swish and spit it out in the sink.

Put the brush under the water, rinse it out.  
Put the brush under the water, rinse it out.  
Put the brush under the water,  
Brush under the water,  
Brush under the water, then put it away.

Now take the dental floss and pull the string.  
Now take the dental floss and pull the string.  
Wrap the string around your finger,  
String around your finger,  
String around your finger, ready now.

Put the string between your teeth, pull back  
and forth.

Put the string between your teeth, pull back  
and forth.

Put the string between your teeth,  
String between your teeth,  
String between your teeth, pull back and  
forth.

Throw the string in the garbage, flossing  
done.

Throw the string in the garbage, flossing  
done.

Throw the string in the garbage,  
Throw the string in the garbage.  
Throw the string in the garbage, you’re all  
done!

**“This is the Way We Brush Our Teeth”**

Sung to: “Here We Go Round the Mulberry Bush”

This is the way we brush our teeth,  
Brush our teeth,  
Brush our teeth.

This is the way we brush our teeth,  
Early in the morning (or) just before we go to bed.

Get out your toothbrush and your toothpaste,  
Brush and paste,  
Brush and paste.  
Get out your toothbrush and your toothpaste,  
Keep your teeth healthy and strong.

Put the paste on the brush,  
On the brush,  
On the brush.  
Put the paste on the brush,  
Keep your teeth healthy and strong.

Open your mouth and trek inside,  
Trek inside,  
Trek inside.

Open your mouth and trek inside,  
Keep your teeth healthy and strong.

Brush up and down and all around,  
All around,  
All around.

Brush up and down and all around  
Keep your teeth healthy and strong.

Sip some water go swish, swish swish,  
Swish, swish, swish,  
Swish, swish, swish.

Sip some water go swish, swish, swish,  
Keep your teeth healthy and strong.

Put the brush and toothpaste away,  
Put them away,  
Put them away.

Put the brush and toothpaste away,  
Hey, success for today!

*Disclaimer: This information is provided for reference only. Consult your dentist before engaging in any procedures, practices, or treatments.*

All songs written by Kay Luedtke-Smith, Music Therapist, Fraser. For more tip sheets, visit [www.fraser.org](http://www.fraser.org).