How to Wash Your Hands

Color Elmo’s handwashing steps below. Hang this page by the sink to practice!

1. Wet your hands under running water.

2. Use soap, and scrub your hands together — inside, outside, and in between!

3. Rinse your hands under running water.

4. Dry your hands with a clean towel.
Use this chart to encourage good habits that can make teeth healthy and strong. Hang it somewhere that is easy for your child to see. When your child finishes brushing, make a ☑ together for a job well done. When she sees the filled-in chart, your Super Brusher will have something to smile about!

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<th>sunday</th>
<th>monday</th>
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What other things have you done to keep your teeth healthy?

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For more resources, go to sesamestreetincommunities.org

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Teeth Town Rhyme

Color the picture. Say Big Bird and Elmo’s rhyme before you brush your teeth.

Travel through the teeth town
Brush in circles round and round
Front and back, inside and out
That’s what brushing’s all about!
When to Wash

Elmo washes his hands with soap and water after he sneezes or coughs, before he eats, and after he uses the bathroom. Color this page and hang it by the sink!

Sing and Wash

Sing the “A-B-C” song while you wash your hands. That’s how long you should wash for!
Way to go, [child's name]!

You’re keeping your teeth and body healthy and strong.

Team Teeth  If you have any questions about caring for your child’s teeth, we’re here to help!

Provider’s Name

Phone Number

Address

E-mail
Tips to Keep Mosquitoes Away

Your home is a place to enjoy time with family—not a playground for mosquitoes! Your Sesame Street friends have created a checklist of simple ways to protect your home and surrounding area from mosquitoes.

- Mosquitoes love water and wet areas. Remove standing water from places where it collects, such as flowerpots, drains, birdbaths, children’s pools, and roof gutters. Try also to avoid playing in areas with puddles.
- Make sure that your home has screens on the windows and doors. Even small holes can let in mosquitoes, so be sure to repair any tears in the screens. You can ask your child to play detective with you to help you find any holes in need of repair!
- Use mosquito netting over beds and cribs if air-conditioned and screened rooms are not available. Mosquito netting can also be used to cover strollers and carriers or when sleeping outdoors.
- Mosquitoes can bite in the daytime and the nighttime. So make sure to use and carry repellent when you go outdoors because there is always a time to say “1, 2, 3 stay away mosquitoes”!
Cover Up!

Grover wants to go outside, but first he needs to find the things that will help keep mosquitoes away!

Help Grover find his:

Draw a circle around each item, or color it in using a light-colored crayon or marker!
Using Bug Spray

You can use bug spray to keep mosquitoes away, just like Rosita and her Mommy!

**Step 1:**
Read the instructions.

**Step 2:**
Have a grown-up apply bug spray.

**Step 3:**
Wash bug spray off with soap and water when you come inside.
**My Healthy Week**

Encourage good habits and healthy routines throughout the week!

A calendar to encourage healthy habits and routines all week long. Use this chart to encourage three good habits that keep your little one healthy and strong. Hang it somewhere easy for your child to see, such as the refrigerator. When your child finishes brushing his teeth, washing his hands, or sleeping for 10 hours (recommended for ages 3-5), encourage your child to color in the square. At the end of a healthy week, share a healthy snack!

<table>
<thead>
<tr>
<th>Monday</th>
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<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>Teeth Brushing</td>
<td>Handwashing</td>
<td>Sleep</td>
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Elmo’s Healthy Team!

Discuss how a “healthy team” can help kids play, learn, and grow!

Many kids have fears about going to the doctor. A coloring page and some conversation can help prepare them to interact with their whole healthy team. Before visiting the doctor, invite kids to color this page and discuss what to expect during the visit. Who is on your child’s healthy team? (doctors, nurses, office staff, you, other family members—and herself, of course!).
super brushing zone

Create a Super Brushing Zone at home! Your child can color this door hanger and write his name at the bottom. Cut along the dotted line and place the hanger on the bathroom door.

Happy Brushing!

Super Brushing Zone

Brushes Here!
send a smile

Draw a big smile and give it to someone who helps you take care of your teeth and body.
tooth café

Hello everybodeee! Welcome to the Tooth Café, where teeth love to eat. I, cute and furry Grover, will be your waiter. Which crunchy fruits and vegetables would you like to order today? They all look delicious, do they not? They keep teeth and bodies healthy, too! Color them all.

Grown-Ups: Try This at Home!
You and your child can try your own “crunch test.” Sample a few tooth-friendly fruits and vegetables such as the ones on this page. Which gets the loudest crunch?
let’s pretend

Pocket Fairy For your next visit, cut out Abby and take her with you to the dental office. Show Abby some of the dental tools she mentions in the story.

“Hi! It’s me, Abby. Let’s pretend we’re getting a dental checkup. Act out the underlined words to get ready for your visit.”

Here we are at the dental office! There’s the dental hygienist. Let’s wave hello. There’s a big chair in here. Cool!

The dental hygienist put on a mask and some gloves. Now she’s ready to count your teeth. Open wide! She’ll use a light and this cute, little mirror to look inside your mouth. Then she’ll touch every tooth.

Cleaning time. The dental hygienist has neat tools to clean your mouth. Can you feel the curved straw resting in your mouth? It helps get the water out. It goes gulp, gulp, gulp.

Now the hygienist will brush your teeth with a buzzy toothbrush and a bit of toothpaste. Buzz! Done? Let’s pretend to rinse. Get ready to open again so the dentist can look inside your mouth.

The dentist says your teeth look healthy! Smile and show off your clean teeth. Now let’s skip home. Thanks for pretending with me!
a-maze-ing apples

Grover loves crunchy fruits and vegetables! They are good for your teeth and body. Follow the apples with your finger to help Grover find his way to the picnic. What other crunchy foods do you see along the way?