Healthy Teeth, Happy Smiles:
An Oral Health Book of Songs and Rhymes for Young Children
Dear Parents and Caregivers,

Help make caring for your child’s teeth fun with these rhymes and songs.

Sing or chant as you eat, drink and brush to remind yourself about how to help your child have Healthy Teeth and Happy Smiles!

Your friends at
First 5 FUNdamentals
SMILE
(Battle Hymn of the Republic)
It isn’t any trouble just to S–M–I–L–E. It isn’t any trouble just to S–M–I–L–E. IF EVER YOU’RE IN TROUBLE It will vanish like a bubble If you’ll only take the trouble just to S-M-I-L-E!
It isn’t any trouble just to G–R–I–N... It isn’t any trouble just to G–I–Giggle–E... It isn’t any trouble just to L–A–U–G–H...
Promise to My Tooth

(Twinkle, Twinkle, Little Star)

Twinkle, twinkle little tooth,
Here’s a promise just for you
I will keep you from decay
I will brush you every day.
Twinkle, twinkle little tooth,
That’s my promise just for you.

Thanks for shining!
Brush, Brush, Brush Your Teeth

*(Row, Row, Row your Boat)*

Brush, brush, brush your teeth
Brush them every day.
Brush the front and brush the back,
Brush that plaque away.

Floss, floss, floss each day,
In between each tooth.
Do it once or twice each day
To keep out tooth decay!

Brush, brush, brush your teeth
Eat some fruit each day.
Keep them healthy and so clean
So they won’t decay.

Clean, clean, clean your teeth,
Clean them twice a day.
Thoroughly, thoroughly,
thoroughly, thoroughly
That’s the only way.

Brush, brush, brush your teeth
After every meal.
Keeps them strong and healthy too,
Oh how clean they feel.

Drink, drink, drink your milk,
Three times every day.
Keeps your teeth and gums so strong
And decay away.
More Twinkle
(\textit{Twinkle, Twinkle, Little Star})

Sparkle, sparkle, little teeth,
Some above and some beneath.
Brush them all at every meal,
Clean and fresh they’ll always feel.
Sparkle, sparkle, little teeth,
Some above and some beneath.

Floss them, floss them, in between.
Cavities will not be seen!
See your dentist twice a year,
You will grin from ear to ear.
Floss them, floss them, in between,
Cavities will not be seen!
**Brushing**

*(I’ve Been Working on the Railroad)*

I’ve been brushing with my toothbrush, Brushing every day.

I’ve been brushing with my toothbrush, It’s how I fight decay.

All my teeth are gonna sparkle, How proud I will be.

Every time I want to smile, My teeth will shine for me!

Always brush your teeth, Every single day. Keep those cavities away!

Use your brush and paste, Just the way you should, For a smile that’s looking good!
Braces  
(On Top of Old Smokey)  
On top of my molars  
Are braces so light.  
They strengthen my teeth and  
They correct my bite.  

When braces come off me,  
My teeth will be straight.  
So I’ll go to my dentist,  
And keep every date.  

I’ll chew hard on apples  
Eat foods that I should.  
Brush all my teeth daily  
So they will look good.  

I’m glad I wear braces,  
They’re setting me right.  
My teeth will be stronger,  
And straighter and bright!
Happy Teeth

(Do Your Ears Hang Low?)

Are your teeth real swell?
Do you brush them very well?
Do you brush them in the morning?
And the night as well?
Do you brush them up and down?
Do you brush them side to side?
Are your teeth real swell?

Do you floss real good
To remove the bits of food?
Do you floss them every day?
Like you know you should?
Do you take good care of
The teeth that are there?
Do you floss real good?
Strong Bones, Strong Teeth

(Old MacDonald Had a Farm)

Old McDaniel had a farm,
E-I-E-I-Oh!
And on that farm he had a garden,
E-I-E-I-Oh!
There was Vitamin A here
And Vitamin C there,
Fruits and vegetables everywhere…
Old McDaniel had a farm,
E-I-E-I-OH!

Old McDaniel had a farm,
E-I-E-I-Oh!
And on that farm he had a cow,
E-I-E-I-Oh!
There was tasty milk here,
And good cheese there,
Strong bones, strong teeth everywhere…
Old McDaniel had a farm,
E-I-E-I-Oh!

Old McDaniel had a farm,
E-I-E-I-Oh!
And on that farm he had some hogs,
E-I-E-I-Oh!
There was protein here, and iron there,
Rich blood, strong muscles everywhere…
Old McDaniel had a farm,
E-I-E-I-Oh!
Vitamin Song
(Skip to My Lou)

Carrots have lots of Vitamin A
To help me see at work and play.
I eat my meat because I know
That Vitamin B will help me grow.

Oranges have Vitamin C,
I eat them ‘cause they’re good for me.
Vitamin D is also fine,
I get it from the bright sunshine.

When I can’t play in the bright sunshine
Cheese and milk are also fine.
Vitamin D helps teeth and bones
Be strong and healthy on their own.

Vitamins A, B, C and D
All are good for you and me.
They will keep us strong and well
When we eat good food at every meal.