



## **Tooth brushing songs**

Fun ways to encourage brushing



### **To the tune of “*Row, Row, Row Your Boat*”**

Brush, brush, brush your teeth  
Gently round your gums.  
Merrily, merrily, merrily, merrily,  
Brushing is such fun!!

Brush, brush, brush your teeth  
Brush them every day.  
The front, the sides, the back, the top  
To keep decay (or the bugs or germs) away!

Floss, floss, floss your teeth  
Floss without delay.  
You can do this every day  
To keep decay (or the bugs or germs) away!

Rinse, rinse, rinse your teeth  
Swishing germs away.  
Then you'll have a pretty smile  
with healthy teeth each day.

### **To the tune of “*London Bridge*”**

This is the way we brush our teeth,  
Brush our teeth, brush our teeth.  
Gently, gently, round and round,  
To keep them clean and sweet.

You will have a pretty smile,  
Pretty smile, pretty smile.  
You will have a pretty smile,  
Because you brushed your teeth.

### **To the tune of “*Jingle Bells*”**

I brush my teeth, I brush my teeth, morning noon and night.  
I brush them, floss them, rinse them clean; I keep them nice and white.  
I brush them once, I brush them twice; I brush them till they shine.  
I always brush them round and round; those precious teeth of mine.

I eat good foods, I eat good foods, it gives my teeth a treat.  
I like to eat healthy foods like veggies, fruit, and meat.  
If I eat sweets, if I eat sweets, I brush them right away  
To keep my teeth shiny bright, and free from tooth decay.

### **To the tune of “*Old MacDonald had a Farm*”**

All my friends have pretty smiles  
Ee – i – ee – i – o.  
They brush their teeth to keep them bright,  
Ee – i – ee – i – o.  
With a wiggle-jiggle here,  
And a wiggle-jiggle there,  
Here a wiggle, there a jiggle,  
Everywhere a wiggle-jiggle  
Oh what fun to brush our teeth,  
Ee – i – ee – i - o.

### **To the tune of “*If You’re Happy and You Know It*”**

If you’re happy and you know it give a smile  
If you’re happy and you know it give a smile  
If you’re happy and you know it then your face is going to show it  
If you’re happy and you know it give a smile.

When my teeth are clean I know it ‘cause I SMILE  
When my teeth are clean I know it ‘cause I SMILE  
When my teeth are clean I know it - I’m not afraid to show it  
When my teeth are clean I know it ‘cause I SMILE

### **To the tune of “Are You Sleeping”**

Oh my dentist  
Always tells me,  
Brush your teeth  
Brush your teeth.  
Brush them in the morning  
And again at bedtime.  
Brush your teeth  
Brush your teeth.

### **To the tune of “Twinkle, Twinkle, Little Star”**

Got my toothpaste, got my brush  
I won't hurry, I won't rush.  
Making sure my teeth are clean  
front and back and in between.  
When I brush for quite a while  
I will have a happy smile!

### **To the tune of “I've Been Working on the Railroad”**

I've been brushing with my toothbrush,  
brushing every day.  
I've been brushing with my toothbrush,  
that's how I fight decay.  
All my teeth are gonna sparkle,  
oh so proud I'll be.  
Every time I wanna smile, my  
teeth will shine for me!  
Always brush your teeth,  
every single day.  
Keep those germs (cavities) away!  
Use your brush and paste,  
Just the way you should,  
Make your smile look good!