

# Boost Your Toddler's Language Skills While Brushing Teeth

Brushing teeth can be a great opportunity for parents to stimulate language development in toddlers. Here are 10 strategies parents can use to stimulate language while brushing teeth.

1

## **Narrate the Activity:**

As you brush your toddler's teeth, narrate what you're doing. Use simple language and describe each step: "Now we're putting toothpaste on the brush," "Let's brush your top teeth," or "We're rinsing now." This helps toddlers learn new vocabulary and understand the sequence of events.

2

## **Use Fun Songs and Rhymes:**

Create a brushing teeth song or use a popular one like "This is the way we brush our teeth." Singing engages toddlers and reinforces language through repetition and rhythm. It also makes the experience enjoyable, which can encourage more active participation.

3

## **Incorporate Descriptive Language:**

Use adjectives and descriptive words to talk about the process: "The toothpaste is minty," "Your teeth are so shiny and clean," or "The brush is soft." This helps toddlers learn descriptive language and sensory words.

4

## **Ask Questions:**

Engage your toddler with simple questions, even if they can't fully respond yet. For example, "Which toothbrush do you want to use today, the red one or the blue one?" or "Do you like how the toothpaste tastes?" This encourages them to think about their choices and express preferences.

5

## **Label and Identify Parts:**

While brushing, label different parts of the mouth and the tools used: "These are your molars," "Let's brush your tongue," or "This is the toothbrush." Pointing out and naming these helps toddlers learn body parts and objects associated with the activity.



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## **Model Conversation:**

Have a pretend conversation with your toddler or the toothbrush, like “Mr. Toothbrush says, ‘Open wide!’” or “What does the toothpaste say? ‘I’m ready to help clean!’” This makes the activity interactive and shows the flow of conversation.

7

## **Praise and Encourage:**

Use positive reinforcement to encourage language use. Say things like, “Great job saying ‘brush,’” or “You’re doing such a good job helping mommy/daddy with your teeth.” This boosts their confidence in using language.

8

## **Follow Their Lead:**

If your toddler starts babbling or saying words, repeat them back and expand on what they say. For example, if they say “teeth,” you can say, “Yes, we are brushing your teeth to make them clean and strong!”



9

## **Introduce Counting:**

While brushing, count aloud the number of teeth you’re brushing: “One tooth, two teeth, three teeth!” This helps toddlers learn numbers and associate counting with everyday activities.

10

## **Use Books or Visual Aids:**

Have a picture book or visual chart about brushing teeth nearby. Point to the images and talk about what’s happening: “Look, the little boy is brushing his teeth just like you!” This reinforces vocabulary and builds connections between language and visual cues.

**These techniques can turn a routine task into a rich language-learning experience while also making brushing teeth a positive and engaging activity.**

