

An illustration featuring a young boy on the left and a large brown bear on the right. The boy has dark hair, large eyes, and is wearing a white hooded hat with red inner lining and a red bow around his neck. He is holding a large white tooth with a smiling face on top of his head. The bear is holding a red toothbrush with white bristles. The background consists of dark brown branches with yellow and orange autumn leaves. The title text is overlaid on the center of the image.

Our Ever Awesome NWT Brushing Song!

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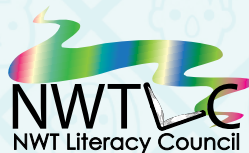
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When the sun turns to night
and before we read and snuggle,
we get to honour ourselves by brushing
our teeth, gums and tongue,
and we get to sing The Brushing Song!



This song is one we can sing as a family
as we squeeeeeze toothpaste on our toothbrush
and flip an egg timer so we know when time is up.



For two minutes we're going to


brush, brush, brush,

polish, polish, polish,

A girl with dark hair in a ponytail, wearing a red and white striped shirt, is leaning over a white sink. She is flossing her teeth. A white tooth character is on her head. The background is a blue circle with a white tooth character on top.

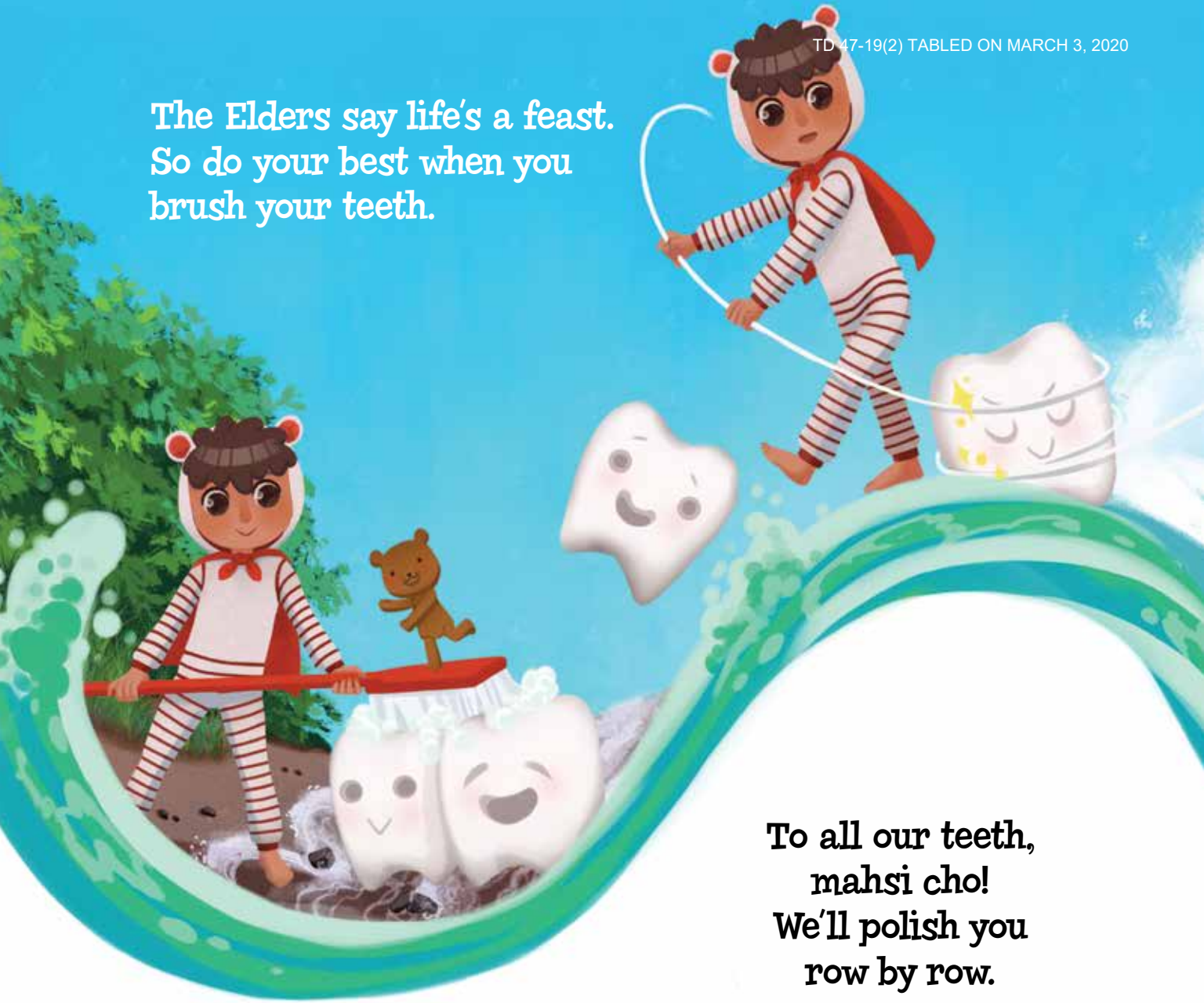
floss, floss, floss,

aaaand spit!

A girl with dark hair in a ponytail, wearing a red and white striped shirt, is holding a blue bottle and a brown teddy bear. She has a white tooth character on her head. The background is a blue circle with yellow stars and a white tooth character on top.

**Are your toothpaste,
toothbrush and floss ready?
Okay, here we go,
flip that egg timer and sing:**

The Elders say life's a feast.
So do your best when you
brush your teeth.



To all our teeth,
mahsi cho!
We'll polish you
row by row.




**With oral health
we are the boss,
when we brush and
spit and floss.**

Keep going. Sing it twice!



Hum the song as you
brush, brush, brush.

The Elders say life's a feast.
I'm doing my best as I brush my teeth.



To all my teeth,
mahsi cho!
I'll polish you
row by row.

With oral health
I am the boss,
when I brush and
spit and floss.

**Great job.
Can you floss now?
It's so much fun!**

Hum the song:

**The Elders say
life's a feast.
I'm doing my best
when I floss my teeth.**



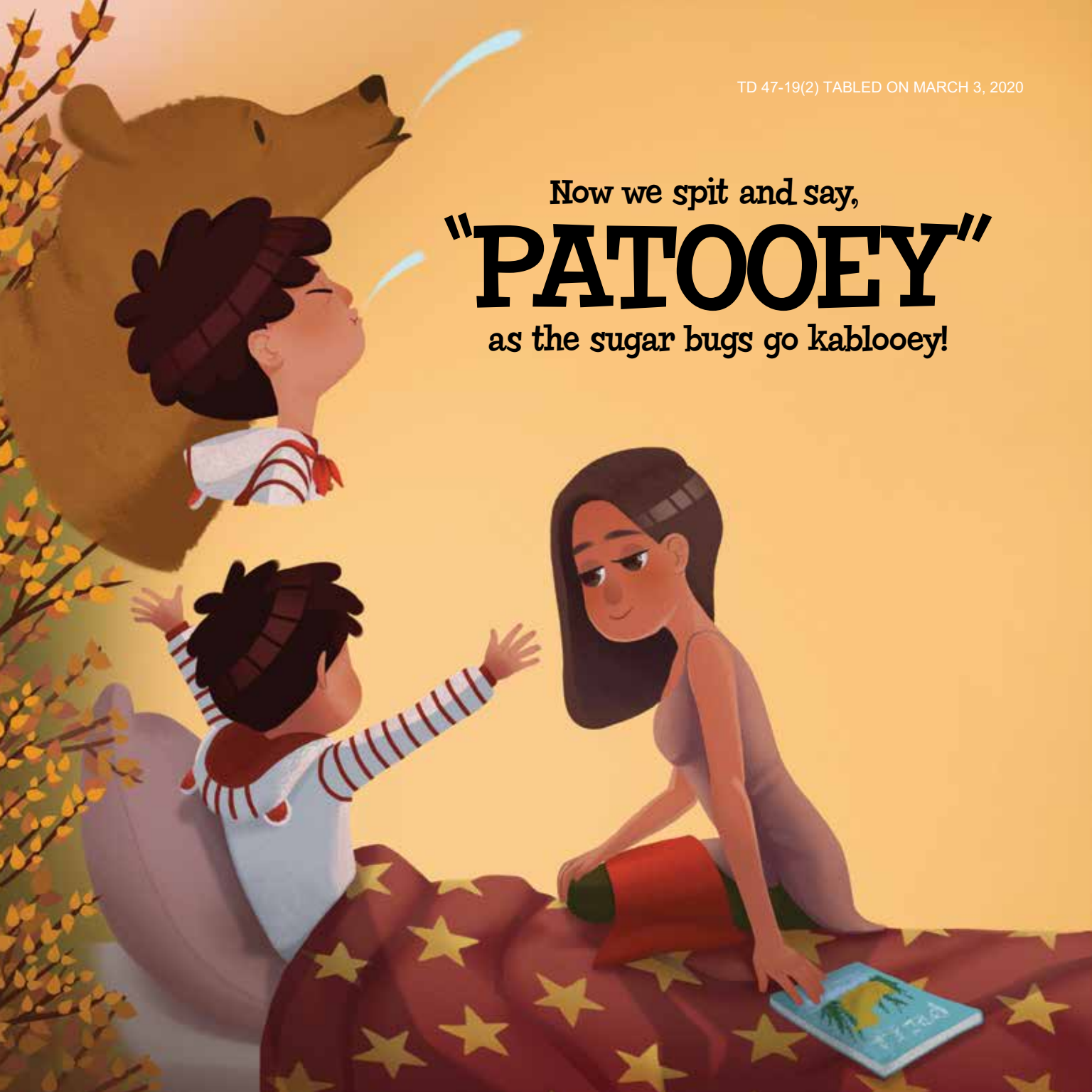
To all my teeth,
mahsi cho!
I'm flossing you
row by row.




With oral health
I am the boss,
when I brush and
spit and floss.



Now we spit and say,
"PATOOEY"
as the sugar bugs go kablooey!



A photograph of a child's bed. A dark brown dog is lying on a red blanket with yellow stars. To the left of the dog are several stuffed animals: a panda, a tan rabbit, and a brown bear. A green blanket is partially visible on the right side of the bed. The background wall has a pattern of dark brown paw prints.

**What a joy to end each day as a family
by honouring our health and the gift of each other.**





To our teeth
we say,

“Mahsi cho”

“Mársi”

“Quana”

“Kinanāskomitin”

“Máhsi”

“Hajj”

“ᑦᑯᑦᑲᑦᑲᑦ”

“Quyanainni”

“Máhsi”

“Thank you”

“Merci”

Brushing rules
and cavities drool!

Our Ever Awesome NWT Brushing Song!

Please join best-selling Tlicho Dene author Richard Van Camp and master artist Neiva Mateus on this rollicking fun adventure of brushing and flossing your teeth and honouring your child's oral health. This song also promotes the gift of snuggling, reading to one another and sharing time with each other. Our children pull us onto the dance floor of life and this book honours the gift of family and taking care of two of our most precious gifts: our health and time with each other. Have fun brushing, singing, flossing and snuggling before winding down each and every day.