

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 overall style is soft and cartoonish.

Our Ever Awesome NWT Brushing Song!

Illustrated by Neiva Mateus • Written by Richard Van Camp

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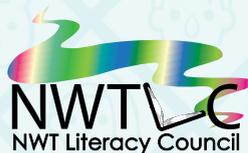
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When the sun turns to night
and before we read and snuggle,
we get to honour ourselves by brushing
our teeth, gums and tongue,
and we get to sing The Brushing Song!



This song is one we can sing as a family
as we squeeEEEEEEze 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,



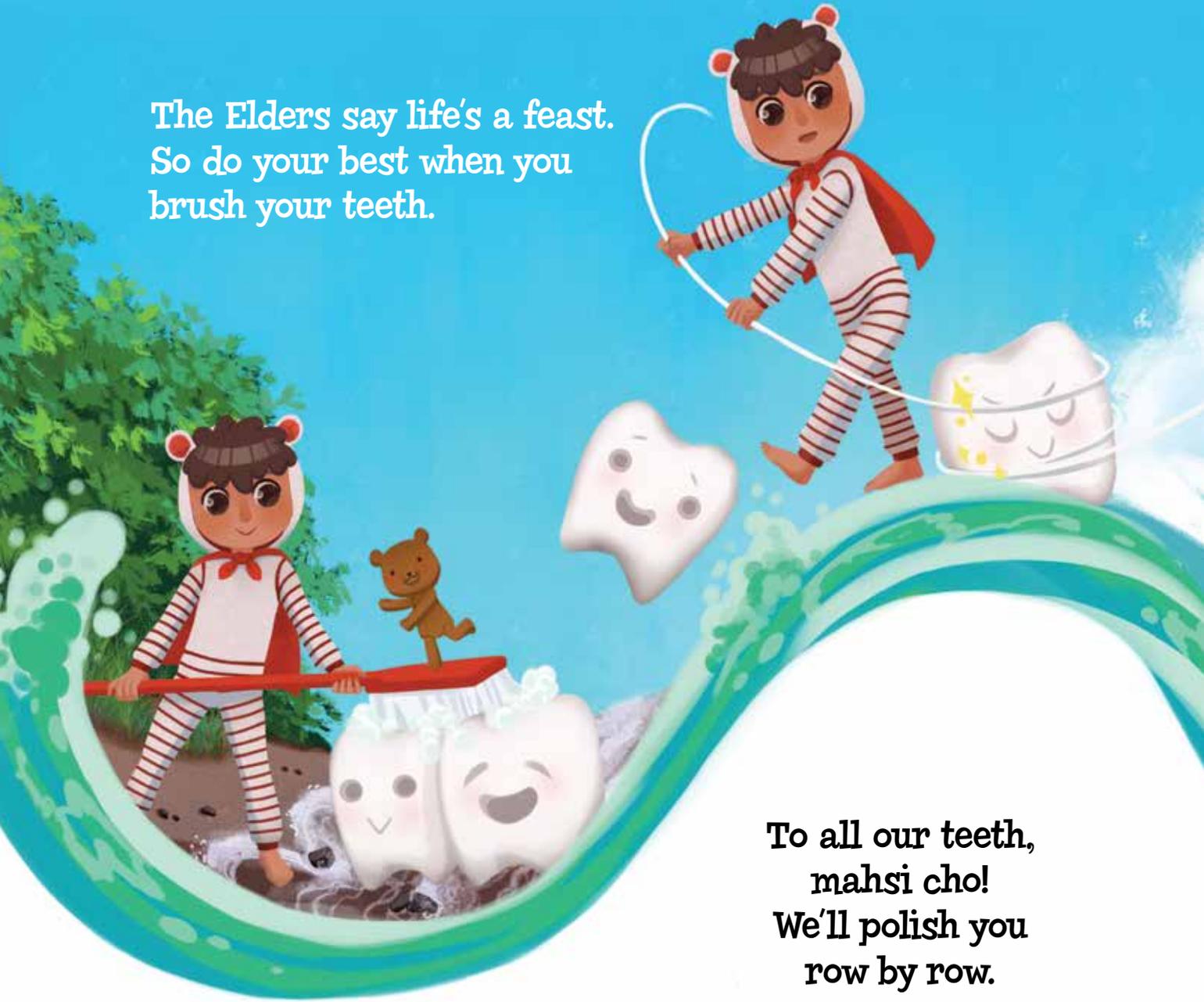
floss, floss, floss,

aaaand spit!



**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:

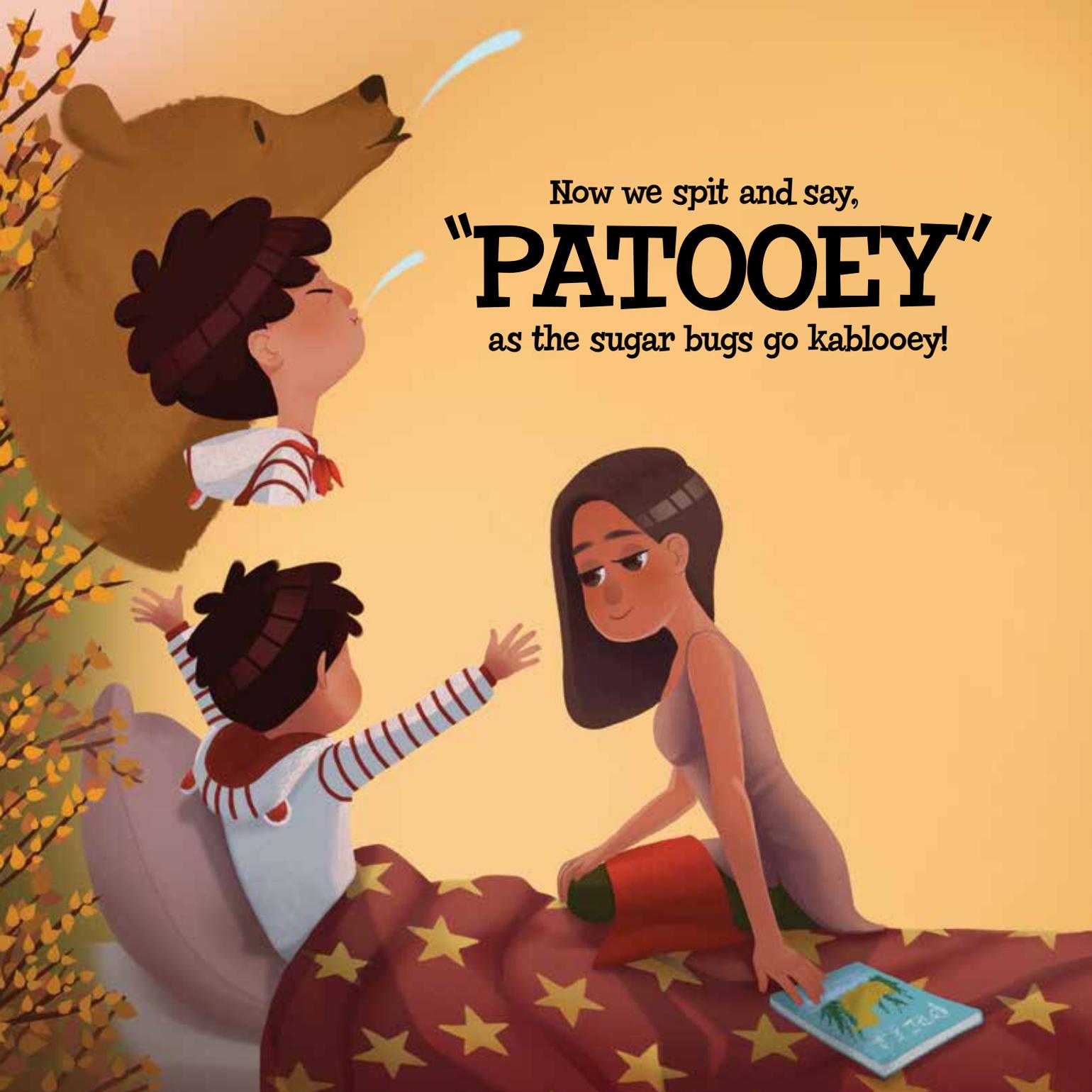
The Elders say
life's a feast.
I'm doing my best
when I floss my teeth.



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.

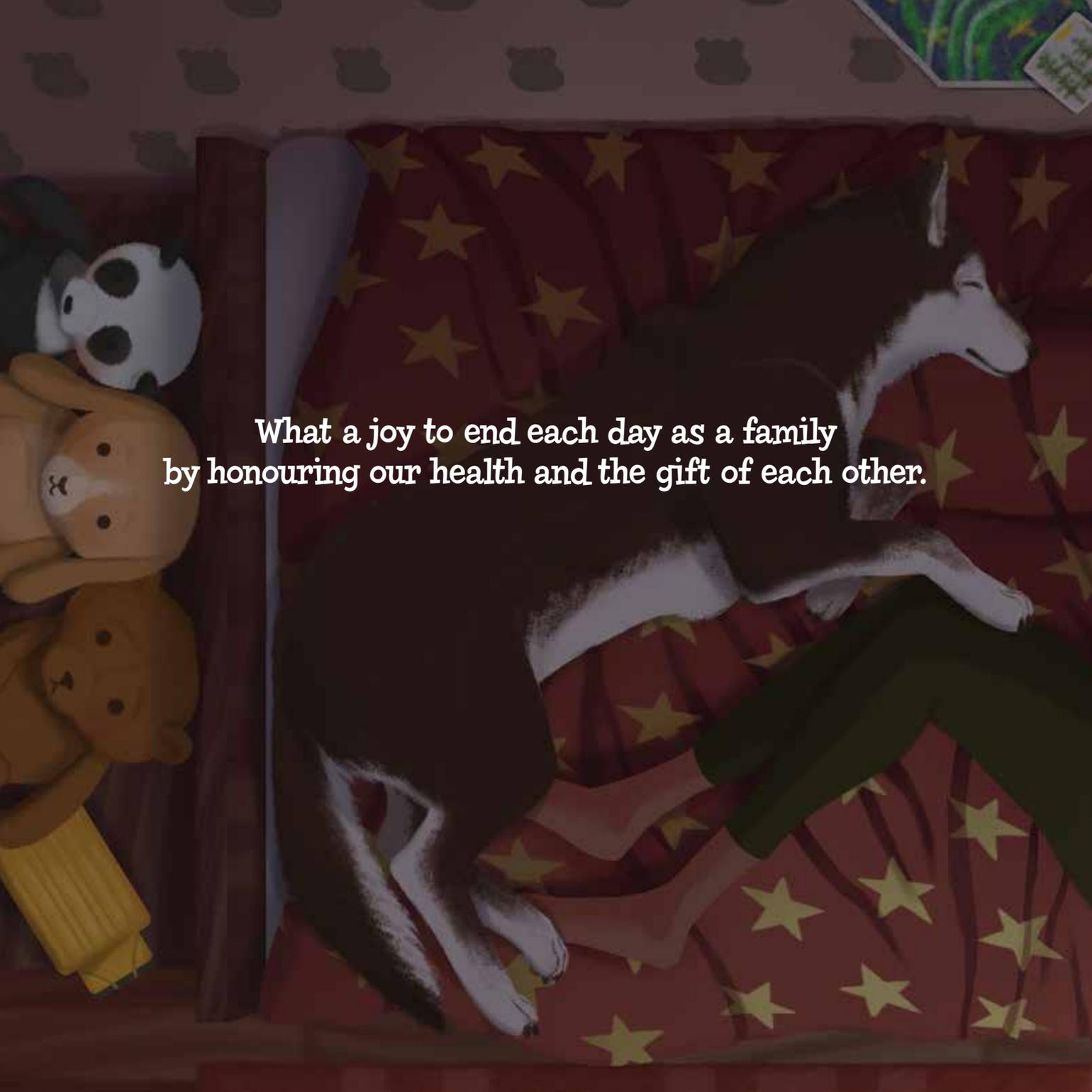




Now we spit and say,

"PATOOEY"

as the sugar bugs go kablooey!

A photograph of a dog lying on a red blanket with yellow stars. The dog is positioned on the right side of the frame, facing right. To the left of the dog, there are several stuffed animals: a white and black panda, a light brown rabbit, and a brown bear. The background is a wall with a pattern of dark grey paw prints. In the top right corner, there is a small, colorful object, possibly a book or a toy.

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.