

An illustration featuring a young boy with dark hair and large eyes, wearing a white hooded sweatshirt with red stripes and a red bow. He is holding a large red toothbrush with a white head. Behind him is a large, brown bear with a friendly expression. A single white tooth with a smiling face is floating above the boy's head. The background consists of dark brown branches with yellow and orange autumn leaves.

# Our Ever Awesome NWT Brushing Song!

Illustrated by Neiva Mateus • Written by Richard Van Camp



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PO Box 761 Yellowknife, NT X1A 2N6

Telephone: 867-873-9262 • Toll Free: 1-866-599-6758

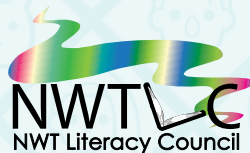
Fax: 867-873-2176 • Email: [nwtliteracy@nwtliteracy.ca](mailto:nwtliteracy@nwtliteracy.ca)

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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,

A cartoon illustration of a boy with dark hair and a headband, wearing a red and white striped shirt, leaning over a white sink. He is flossing his teeth. A small white tooth character is on his head. The background is yellow with a pattern of small white teeth and cat faces.

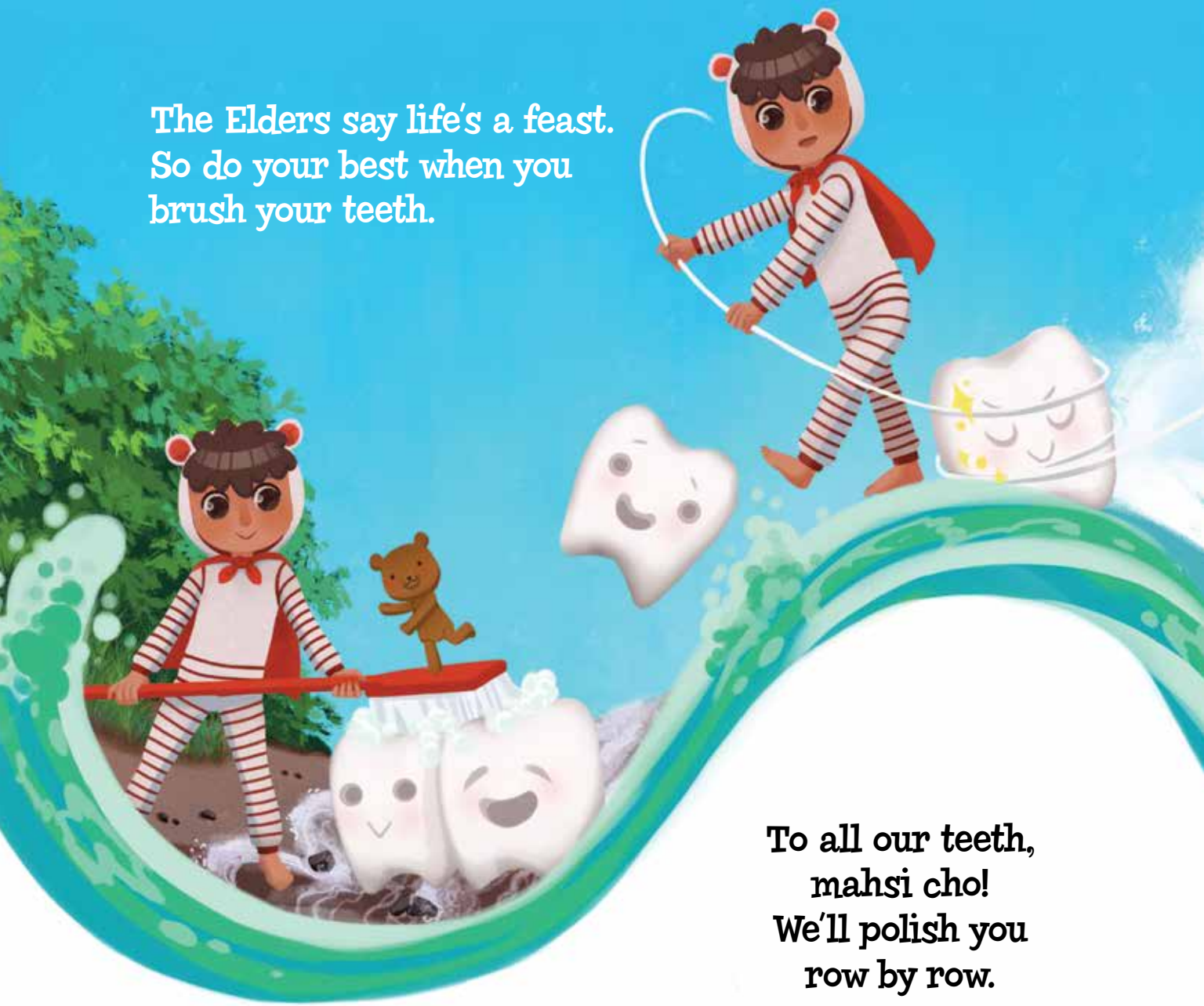
**floss, floss, floss,**

**aaaand spit!**

A cartoon illustration of a boy with dark hair and a headband, wearing a red and white striped shirt, holding a blue bottle and a brown teddy bear. He has a sad expression. A small white tooth character is on his head. The background is yellow with a pattern of small white teeth and cat faces.

**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:

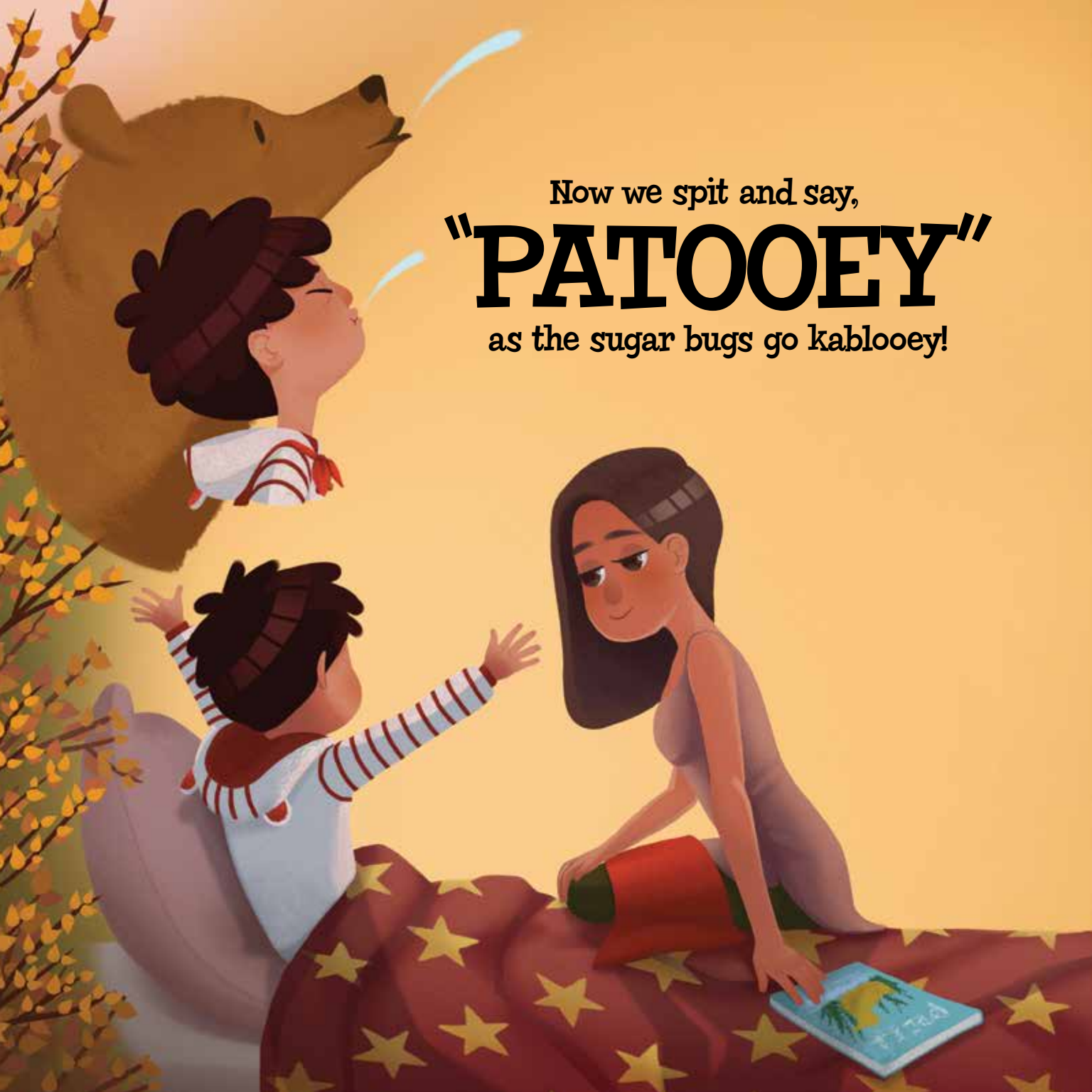
The Elders say  
life's a feast.  
I'm doing my best  
when I floss my teeth.

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

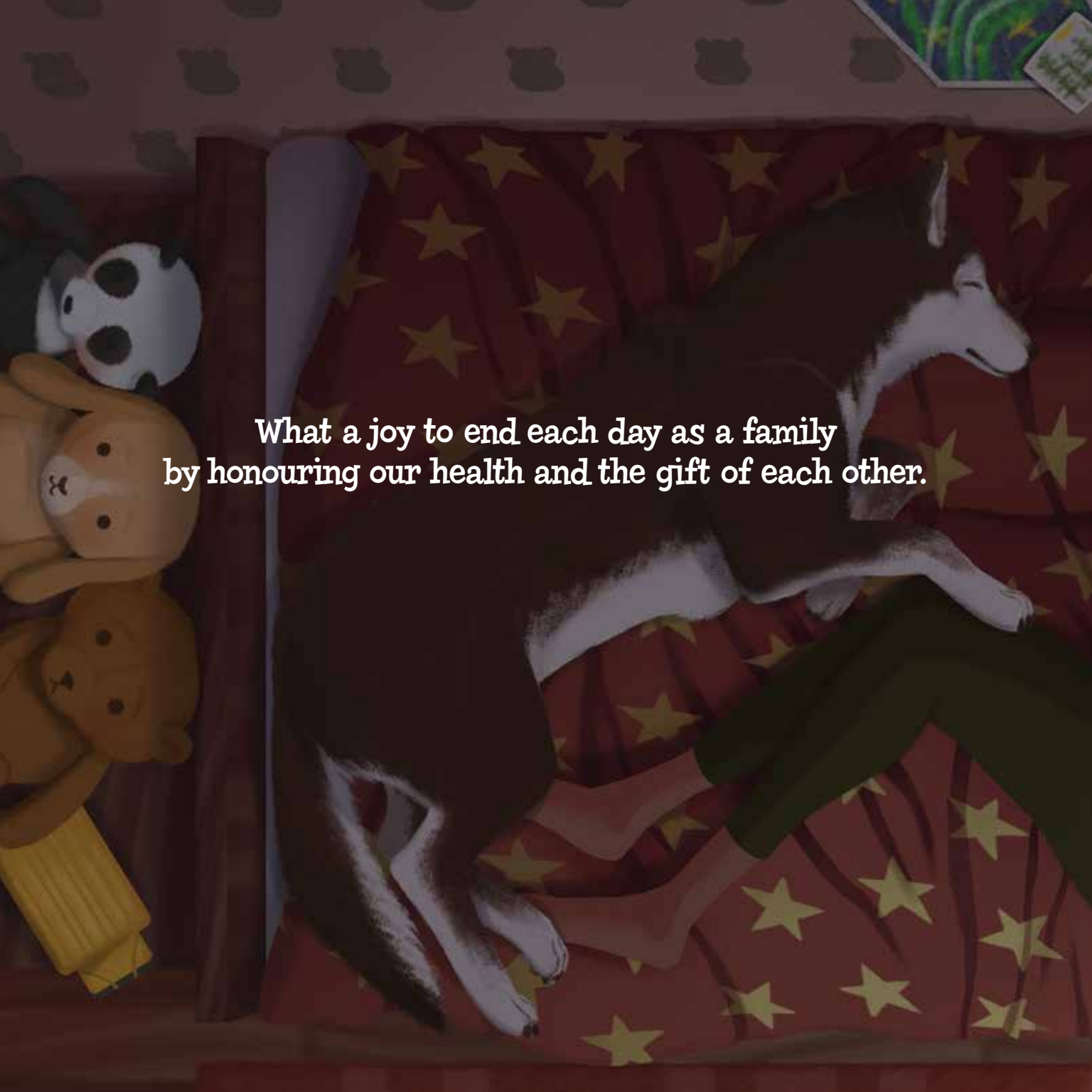


With oral health  
I am the boss,  
when I brush and  
spit and floss.





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

A child and a dog are sleeping in a bed. The child is wearing green pants and pink socks, and the dog is a black and white husky. The bed has a red blanket with yellow stars. To the left of the bed are three stuffed animals: a panda, a tan dog, and a brown bear. A yellow blanket is also visible. The wall has a pattern of grey paw prints, and a colorful map is on the wall to the right.

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







# 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.