

# EGG CARTON FLOSSING

Practice flossing egg carton "teeth"!

Materials: egg carton, playdough, floss, old toothbrush (optional)



1. Place the bottom of an egg carton upside-down on the table.
2. Use play dough to represent stuck-on food and plaque. Instruct your child to place the play dough in between their egg carton "teeth".
3. Show your child how to wrap one end of the floss around their left middle finger and the other end around their right middle finger. Be sure not to wrap the floss too tightly.
4. Have your child gently work the floss between the "teeth", curving the floss around each tooth into a U-shape to remove the play dough.
5. Remind your child that they need to floss to remove plaque and stuck-on food from in between their teeth. Help your child floss once a day to keep the cavities away!