

# Lego Flossing

Age: Toddlers (18-36 months), Explorer (8 - 18 months)

This activity helps your child's development in this domain: Physical, Language and Literacy

## What You Need:



- Lego® or similar building bricks
- Play dough
- Yarn or string

## What To Do:

1. Your toddler may have a hard time flossing her teeth, but this may make her less fearful about letting you help. Use the play dough to put some "debris" in between the prongs of the building blocks, much like plaque that gets stuck between teeth.
2. Demonstrate how to wrap the "floss" (yarn) around your fingers, pull it firm and then use it to remove pieces from between the "teeth" (Lego blocks).
3. Encourage your child to do the same, helping by holding her hand and giving directions.
4. While you are flossing the "teeth," talk about how the floss is getting rid of the plaque.

Adapted from: [www.colgate.com](http://www.colgate.com)



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