

06 - Toothbrushing

We want to make kids excited to brush their teeth with WHO SMARTED? episode - TOOTH-BRUSHING! And we're willing to bet you might learn some cool stuff about the history of the toothbrush too (we sure did!!!)

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2 things your smartypants kid will discover in today's Toothbrushing Episode:

The idea of toothbrushing began in ancient Egypt, using small twigs to remove bits of food from between teeth.

Toothbrushing became a daily ritual in the USA after World War 2, because soldiers were required to brush their teeth every day so as not to stink up the trenches!

Here's something we left out, for you to share:

One billion toothbrushes are thrown away every year just in the United States. That's why many people are trying to invent biodegradable toothbrushes that will still do a great job cleaning your teeth!

Wanna keep the learning going after the episode? Here's some great ideas on how to make toothbrushing more fun!

Have them CREATE a two-minute song and sing it while brushing their teeth- this is the amount of time they should be brushing!

Have them DRAW a comic strip starring INSPECTOR GUMS - looking for cavities in Tooth Town!

TIME them with a stopwatch as they brush each 1/4 of their mouth for 30 seconds -- see if they can stop EXACTLY on time!

For more FUN, check out our friends' awesome free kidcast [Chompers](#), a twice-daily podcast that educates kids while also timing out the perfect toothbrush routine!¹

¹ This activity guide is for the Who Smarted? podcast www.WhoSmarted.com