



Early Childhood TLC
Track #11: Brush Up Your Bucks

Chorus:

Brush up your bucks! Brush up your bucks! Brush up your bucks! (x2)
B.B.B.B. Brush up your bucks.

At least twice a day, you gotta brush up your bucks.
This song is all about that. Make sure to listen up.
First things first, let's talk about the brush.
Has it been replaced in 3 or 4 months?
How about those bristles bruh? Are they looking rough?
Are they frayed? Are they curved? Or do they stick straight up?
When you go to buy a new one get the bristles that are soft.
Look for the ADA approval; make sure it rocks!

Chorus

Let's talk toothpaste, the BFF of the brush.
Fluoride in your toothpaste is a must.
If you're under three. You only get a smear.
It doesn't take much paste to make that smile shine ear to ear.
Be careful when applying the toothpaste.
Once it's out it can't go back, and it goes to waste.
Give the tube a squeeze so ever gently.
Try to make a toothpaste dot the size of a pea.

Chorus

You've got the paste and you've got the brush
And now your all set to br....br.....br.....brush your bucks.
Brush back and forth in short strokes.
Apply gentle pressure. Don't push too hard or poke.
Make sure to brush all sides of your teeth.
Brush the inside. Brush the outside and the flat part used for chewing.
There are a number of strokes you may try.
Make sure to brush along the gum line.

Chorus

After two minutes or when this song ends.
Spit out the toothpaste; give your brush a rinse.
Store it upright with the brush in the air.
Only use your own toothbrush; Do not share!
If you think your toothbrush needs sanitized.
Soak it overnight in Listerine or peroxide.
What you drink and eat have big effects on your teeth.
Drink milk with meals and water in between.

Chorus

Be sure to floss every day.