



Milk Monster

1. Use a clean milk carton.
2. Design a monster- you can add fur, paint the whole carton, let your child create his or her own monster.
3. Draw on big teeth!
4. Cut out the mouth so the teeth can still be seen.
5. Feed the monster (something that will empty out of the carton easy)
6. Add 'dirt' to the monster's teeth (paint, eye shadow, dirt etc. can be used)
7. Discuss with your child how dirty their monster's teeth are. Ask questions about how they could clean them.
8. Let your child use an old tooth brush to clean their monsters teeth, using a pea size amount of toothpaste.
9. Discuss how dirt stays on human teeth and why we need to clean them.
10. Congratulate your child for helping the monster have clean teeth.
11. Clean out the monster.