

Sing Waiata

FOR TAMARIKI

Children sing songs together.

Kōrero What to do

Learn suggested waiata. Make up actions!

Key resources

Waiata sheets

- 'E Piata ana āku niho' (My sparkling teeth) to the tune from Barney 'I love you, you love me' written by Awarua Whānau Services Kaimahi
- 'Brush brush brush your teeth' and 'Ka paraihe ō niho' to the tune of 'Row row row your boat'
- 'This is the way we brush our teeth'
- 'Brush your teeth' to the tune of 'Jingle bells'
- 'The dentist is my pal' to the tune of 'The farmer in the dell'
- 'Five Cups of Water' to the tune of 'Five brown buns in the baker's shop' – with thanks to the Nelson Marlborough District Health Board

Key resources

- Brushing song - 'Paraihe niho' to the tune of 'Frère Jacques' found in the 'Oranga Niho' and the 'The Happy Tooth' books in [Teeth Tools](#)
- Healthy Food Song - 'Hua rākau' to the tune of 'Frère Jacques' found in in the 'Oranga Niho' and the 'The Happy Tooth' books in [Teeth Tools](#)
- Dentist Song - 'Haere ki te rata niho' to the tune of 'Frère Jacques' found in the 'Oranga Niho' and the 'The Happy Tooth' books in [Teeth Tools](#)

Key messages

- 🦷 Baby teeth matter- they help me smile, chew and talk
- 🦷 Brush teeth twice a day- morning and night - with fluoride toothpaste
- 🦷 Brush teeth together with whānau
- 🦷 Spit don't rinse after brushing
- 🦷 Choose water and plain milk to drink
- 🦷 Choose healthy kai
- 🦷 Have a dental check-up each year

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E Piata ana āku niho (My sparkling teeth)

To the tune from Barney, 'I love you, you love me'
written by Awarua Whānau Services Kaimahi

Inu wai

He miraka

Menemene ātaahua

Paraihe o niho

I te ata, I te pō

E Piata ana

Āku niho

(Translation: My Sparkling Teeth

Drink water

And some milk

I have a beautiful smile

I brush my teeth

Every day and night

I have sparkling teeth, alright!)

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Brush Your Teeth - Paraihe ō Niho

To the tune of 'Row, row, row your boat'

Brush, brush, brush your teeth
Keep them clean each day
Then you'll have a pretty smile
And healthy teeth all day

Brush, brush, brush your teeth
'til they're shiny bright
They'll be healthy, they'll be strong,
If you treat them right

Brush, brush, brush your teeth
Two times everyday
Brush around and up and down
Each and everyday

Ka paraihe ō niho
la ra, ia ra
Kei runga, kei raro, huri rauna
la ra, ia ra

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This is the way we brush our teeth

This is the way we brush our teeth,
Brush our teeth, brush our teeth
This is the way we brush our teeth,
two times a day.

(Make tooth brushing motions while singing)



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The Dentist is My Pal

To the tune of 'The Farmer in the Dell'

The dentist is my pal, the dentist is my pal,

The chair goes high, the chair goes low

The dentist is my pal

There is a waiting room, with lots of things to do,

Books and toys for girls and boys,

are waiting there for you. Oooohh!

The dentist is my pal, the dentist is my pal,

The chair goes high, the chair goes low

The dentist is my pal

They ask me to open wide, and then they look inside

Carefully they check my teeth,

and keep them healthy and bright. Oooohh!

The dentist is my pal, the dentist is my pal,

The chair goes high, the chair goes low

The dentist is my pal

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5 Cups of Water

To the tune of '5 Brown buns in the bakers shop'

Thanks to the Nelson Marlborough District Health Board
for this waiata

5 Cups of water straight from the tap

Ready to drink, so cool and flat

Along came _(child's name)_ all thirsty and hot

Glug Glug Glug down went the lot

4 Cups of water etc...

No cups of water left on the shelf

So turn on the tap and ***help yourself***

