

# APRIL 2026

## Brush 2Win

### 7 Tips for Healthy Teeth

*For kids and parents*

1. Brush for two minutes.
2. Use a small amount of toothpaste. Don't forget to spit it out!
3. Use a soft toothbrush that's small enough to reach all your teeth.
4. Brush where your teeth touch your gums.
5. Brush after breakfast and before bedtime.
6. Clean every tooth.
7. Don't forget to floss!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Colour in or place a sticker, star or checkmark on the ☀ when you brush in the morning, and on the 🌙 when you brush at night.			☀ 1 🌙	☀ 2 🌙	☀ 3 🌙	☀ 4 🌙
☀ 5 🌙	☀ 6 🌙	☀ 7 🌙	☀ 8 🌙	☀ 9 🌙	☀ 10 🌙	☀ 11 🌙
☀ 12 🌙	☀ 13 🌙	☀ 14 🌙	☀ 15 🌙	☀ 16 🌙	☀ 17 🌙	☀ 18 🌙
☀ 19 🌙	☀ 20 🌙	☀ 21 🌙	☀ 22 🌙	☀ 23 🌙	☀ 24 🌙	☀ 25 🌙
☀ 26 🌙	☀ 27 🌙	☀ 28 🌙	☀ 29 🌙	☀ 30 🌙		