

Name

Month

Year



7 Tips for Healthy Teeth

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!



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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday