



# How to Brush

For children aged three and over, use a pea-sized amount of fluoride toothpaste and a soft-bristled toothbrush.

Brush all tooth surfaces: top and bottom, inside and out.  
Don't forget the tongue!



Change your toothbrush every 3 months



Turn off the water when brushing



# How to Have a Bright Smile!

Good oral health is an important part of your child's overall health. Follow these steps for a Bright Smile that can last a lifetime!



## Brush teeth

twice a day with fluoride toothpaste; after breakfast and before bedtime



## Limit sugary snacks

and drinks to reduce the risk of cavities



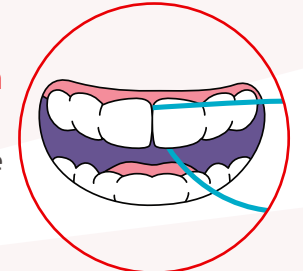
## Visit the dentist

or dental hygienist regularly to help maintain good oral health habits



## Floss your child's teeth

daily (once they are touching) to remove plaque





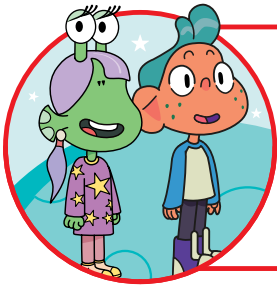
# My Brushing Chart

My name is: \_\_\_\_\_

(Child's Name)

I brush twice a day with fluoride toothpaste, after breakfast  and before bedtime .

**For the family:** Be sure that your child brushes for 2 minutes and uses a pea-sized amount of fluoride toothpaste.\* Have your child make a check mark after brushing. Remind other family members to brush, too—and have them check the box!



Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7



Day 8



Day 9



Day 10



Day 19



Day 18



Day 17



Day 16



Day 15



Day 14



Day 13



Day 12



Day 11



Day 20



Day 21



Day 22



Day 23



Day 24



Day 25



Day 26



Day 27



Day 28

