





My brushing chart

Name _____ Age _____

Put a smiley face or a tick in the box every time you brush your teeth and gums!

 morning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 bedtime	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



Parents!

Children should have their own toothbrush and be supervised at all times when brushing.

Children over 3 years old should use a small 'pea-sized' amount of family fluoride toothpaste, then spit out – not rinse out!

Children under 3 should have a smear of toothpaste on the brush.

© Community Dental Services CIC