



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



Notes for Parents.

Children should have their own toothbrush and be supervised at all times when brushing. Teeth should be brushed last thing at night and one other time during the day, usually in the morning.

Children under 3 years old should have a smear of fluoride toothpaste containing at least 1000ppm F on the brush.

Children over 3 years old should use a small 'pea-sized' amount of fluoride toothpaste containing at least 1000ppm F.

After brushing **SPIT DON'T RINSE!!**