





How to Brush

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1 Place the brush at an angle along the outer gum line. Wiggle it gently up and down. Repeat for each tooth.
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2 Brush the inside surface of each tooth, using the wiggling technique in step 1.
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3 Brush the chewing surfaces at the back.
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4 Use the tip of the brush to brush behind each front tooth, both top and bottom.
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5 Don't forget to brush your tongue!



My Tooth Brushing Chart

Draw a smiley face for brushing twice a day
 Draw a sad face for not brushing at all

	Week 1		Week 2	
Day of the week	Morning	Bedtime	Morning	Bedtime
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Remember SPIT don't RINSE

I brush twice a day! I have healthy teeth and gums!