



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!



Outside
Gently brush in circles on the outside surfaces of the teeth.



Inside
Gently brush in circles on the inside surfaces of the teeth.



Way in the Back
Brush on top of your back teeth.



Behind Front Teeth
Gently brush up and down behind each front tooth.



Tongue
Brush your 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



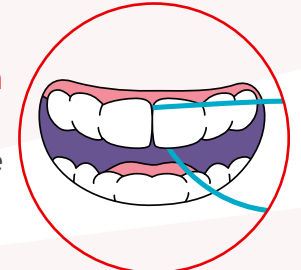
Limit sugary snacks
and drinks to reduce the risk of cavities



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





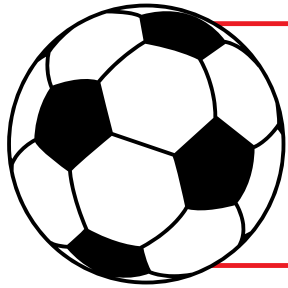
My Brushing Chart



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
 	 	 	 	 	 	 	 
☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐

