

Teeth Time Together

TOOTHBRUSHING CHART

Dear Parent/Guardian Please help your child brush twice a day

Tick the box after brushing morning and night

	Week 1		Week 2		Week 3		Week 4	
								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

Remind your child to spit the toothpaste out but do not rinse it off

Please remember to keep all sugary foods and drinks to mealtimes only and remember to praise your child after brushing

Child's Name:.....