

Brush, then spit - don't rinse!

Healthy Teeth, Happy Smiles!®

This is:

TOOTH BRUSHING DIARY

Week 1 - 2

		MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	AM							
	PM							
WEEK 2	AM							
	PM							

Brush at least twice a day - first thing in the morning and last thing before going to bed

Use a pea-sized amount of fluoride toothpaste



Visit the dentist!

Always supervise your child's brushing



Brush, then spit - don't rinse!

Healthy Teeth, Happy Smiles!®

Week 3 - 4

		MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 3	AM							
	PM							

WEEK 4	AM							
	PM							

Make brushing your teeth fun!

FREE Brush DJ App

- Plays 2 minutes of music for brushing
- Set reminders for brushing and visiting your dentist or hygienist



Get Sugar Smart!

FREE Change4Life App

- Scan bar codes of food packaging
- See the number of sugar cubes in your food and drink



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