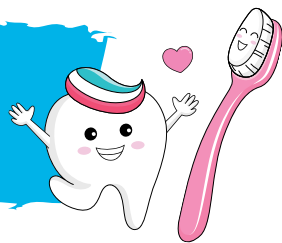


My name is: _____

Colour or tick each tooth when you've brushed your teeth and gums twice a day!



Blast away those cavities!



Morning

MON	TUE	WED	THU	FRI	SAT	SUN



Bedtime

MON	TUE	WED	THU	FRI	SAT	SUN

NOTE FOR PARENTS



- To make brushing enjoyable, let your child pick their own toothbrush and either sing a song or role play whilst cleaning!
- When brushing twice a day, children should be supervised up to 8 years old and teeth should be brushed last thing at night and one other time during the day, preferably in the morning.
- Children under 3 years old should have a smear of fluoride toothpaste containing at least 1000ppm F on the brush, and children over 3 years old should use a small 'pea-sized' amount of fluoride toothpaste containing at least 1000ppm F.
- Adults and children aged 7+ years should use a fluoridated toothpaste containing between 1,350 – 1,500 ppm fluoride.
- Always spit, don't rinse, and remember to have fun, to encourage a calm and enjoyable brushing experience!