

Name: \_\_\_\_\_

# Tooth Brushing Chart from Teddy the Tooth!

**Brushing your teeth is easy!**

1. Use toothpaste (about the size of a pea)
2. Brush each tooth, making little circles
3. Rinse your mouth with water
4. Floss after brushing



**Brush for 2 minutes, 2x a day. Color in the toothbrush after you brush!**

Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Week 1

Week 2

Week 3

Week 4



Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



Visit [MySchoolDentist.com](http://MySchoolDentist.com) to sign up your child for dental care at school. There is no cost for children with Medicaid.