

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

Help A Child Smile®
Mobile Dental Program

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 to sign up your child for dental care at school. There is no cost for children with Medicaid.