

Name: _____

Tips from Teddy the Tooth!

Brush those sugar bugs away!



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.

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.