

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](https://www.myschooldentist.com) to sign up your child for dental care at school.
There is no cost for children with Medicaid.