

MY BRUSHING CHART

Hello, _____, I'm Dr. Rabbit!

(CHILD'S NAME)

Welcome to my brushing challenge! Brush your teeth with fluoride toothpaste at least twice a day, especially after eating breakfast and before bedtime.



Family KEY

KIDS: Using crayons or colored pencils, choose a color to use on the chart, and choose a different one for each family member who may be brushing with you. Check off each time you brush and have your family make check marks when they brush with you!

COLOR FAMILY MEMBER'S NAME

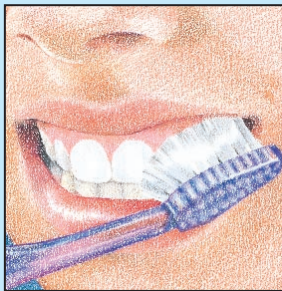
☐	_____
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Here is your very own brushing chart to hang up at home. Be sure to check off each time you brush, twice a day, for four weeks. And invite other members of your family to brush with you, too!

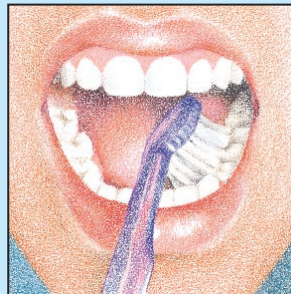
★ Bright Smiles for the Whole Family! ★

★ As a parent, you can help your children protect their teeth and gums by making sure they brush at least twice a day with fluoride toothpaste, especially after eating breakfast and before bedtime. Brush along with them ★ to make it a fun family event! And remind them to floss daily, too.

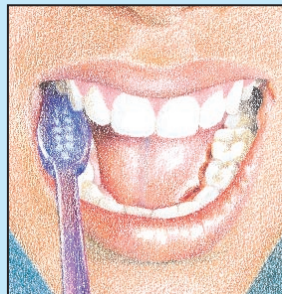
How to Brush



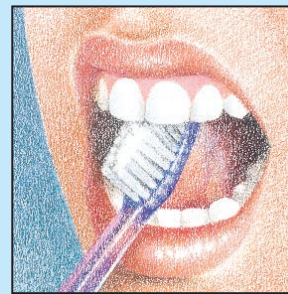
1. Place brush at angle along outer gumline. Wiggle gently back and forth. Repeat for each tooth.



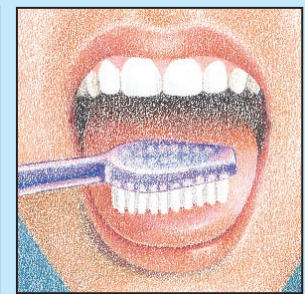
2. Brush inside surface of each tooth, using wiggling technique in Step 1.



3. Brush chewing surface of each tooth.

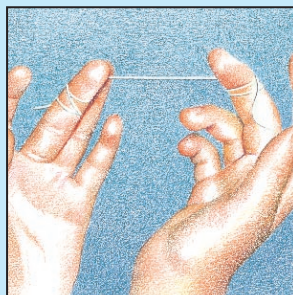


4. Use tip of brush to brush behind each front tooth, both top and bottom.

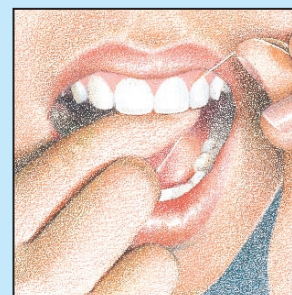


5. Don't forget to brush your tongue!

How to Floss



1. Pull 18" to 24" (45 to 60 cm) of dental floss from the dispenser and wrap the ends around your middle fingers.



2. Hold the floss tightly against each tooth. Move the floss away from the gum, gently rubbing the floss up and down against the side of the tooth.