











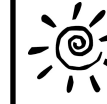



TOOTHBRUSHING CHART

MARK EACH BOX WHEN YOU BRUSH

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
													



- Brush morning & before bed
- Use a pea-size dab of fluoride toothpaste
- Using circles, brush along gums
- Spit out toothpaste, but do not rinse



Learn more at www.ChildrensDentalNetwork.org