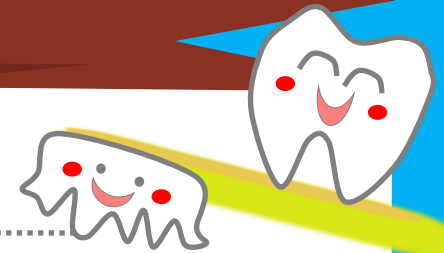
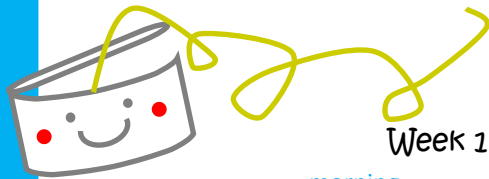


I ♥ TO BRUSH & FLOSS CHART



Name: _____

Month: _____



Use your favorite color to fill in the circles below each time you brush and floss!

	Week 1			Week 2			Week 3			Week 4			Great Job!
	morning	evening		morning	evening		morning	evening		morning	evening		
Sunday	(B)	(B)	(F)	(B)	(B)	(F)	(B)	(B)	(F)	(B)	(B)	(F)	★
Monday	(B)	(B)	(F)	(B)	(B)	(F)	(B)	(B)	(F)	(B)	(B)	(F)	★
Tuesday	(B)	(B)	(F)	(B)	(B)	(F)	(B)	(B)	(F)	(B)	(B)	(F)	★
Wednesday	(B)	(B)	(F)	(B)	(B)	(F)	(B)	(B)	(F)	(B)	(B)	(F)	★
Thursday	(B)	(B)	(F)	(B)	(B)	(F)	(B)	(B)	(F)	(B)	(B)	(F)	★
Friday	(B)	(B)	(F)	(B)	(B)	(F)	(B)	(B)	(F)	(B)	(B)	(F)	★
Saturday	(B)	(B)	(F)	(B)	(B)	(F)	(B)	(B)	(F)	(B)	(B)	(F)	★

Common questions and answers for grown-ups:

Q: What kind of toothbrush should my child use?

A: Look for a child-sized brush with a small head and extra soft bristles. Let your child choose the color to get them excited to brush!

Q: How much toothpaste should children use?

A: A smear for children under 3; a pea-size amount for children ages 3 to 6 years.

