

























































My teeth brushing chart

| | Week 1 | Week 2 | Week 3 | Week 4 |
|-----------|---|---|--|---|
| Monday |   |   |   |   |
| Tuesday |   |   |   |   |
| Wednesday |   |   |   |   |
| Thursday |   |   |   |   |
| Friday |   |   |   |   |
| Saturday |   |   |   |   |
| Sunday |   |   |   |   |

★ ★ ★
I'm a star!



Use a pea-sized amount of toothpaste.



Aim the toothbrush at a 45 degree angle towards the gum line, and use a gentle circular motion.



Repeat on the inside of the teeth.



Brush the tongue using a light back and forth motion.



Spit out the toothpaste after brushing.

