

























































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 fourth motion.



Spit out the toothpaste after brushing.

