

# TOOTHBRUSHING CHART

Can you remember all the toothbrushing tips we have learnt?



1. Brush your teeth \_\_\_\_\_ a day
2. Use a toothbrush with a \_\_\_\_\_ head and \_\_\_\_\_ bristles
3. A \_\_\_\_\_-sized amount of fluoride toothpaste should be used
4. Brush your teeth thoroughly for \_\_\_\_\_ minutes
5. Spit out at the end – do not \_\_\_\_\_ with water

When you have brushed your teeth tick the box in the chart below.



	MON	TUES	WED	THURS	FRI	SAT	SUN
Week 1	AM						
	PM						
Week 2	AM						
	PM						