

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							