


Brilliant Brushing Chart


Tick the boxes each time you clean your teeth for 2 minutes. Remember Spit, don't rinse so the fluoride can work for longer to protect your teeth!

Day	Morning		Bedtime	
	Brushed	Didn't Rinse	Brushed	Didn't Rinse
Mon				
Tues				
Weds				
Thurs				
Fri				
Sat				
Sun				
Mon				
Tues				
Weds				
Thurs				
Fri				
Sat				
Sun				
Mon				
Tues				
Weds				
Thurs				
Fri				
Sat				
Sun				



Raising Awareness

- Brush twice a day for 2 minutes with fluoride toothpaste. Spit, don't rinse.
- Keep sugary snacks & drinks to mealtimes.
- Visit a dentist regularly.



Awesome Oral Health CIC