



## 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				
Wed				
Thurs				
Fri				
Sat				
Sun				
Mon				
Tues				
Wed				
Thurs				
Fri				
Sat				
Sun				

- **Brush twice a day** for 2 minutes with fluoride toothpaste.
- **Spit, don't rinse** after brushing.
- Keep **sugary foods and drinks** to mealtimes.
- **Visit your dental practice** regularly.

