the treatment centre

LITTLE SMILES CLUB

My brushing week

Brush together. Tick, colour or add a sticker!



My name: _____ Week starting: _____

	MON	TUE	WED	THU	FRI	SAT	SUN
Morning	○	○	○	○	○	○	○
Bedtime	○	○	○	○	○	○	○

2 minutes, twice a day
Help your child brush every tooth, including last thing before bed.

A little fluoride toothpaste
A smear under age 3; a pea-sized amount from age 3.

Spit, don't rinse
After bedtime brushing, only water.

Every brush is a good step. Keep going together!