



# TOOTHBRUSHING CHART

Please tick when your child has brushed their teeth

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



## Remember

1. Wash your hands
2. Grab your toothbrush
3. Add the correct amount of toothpaste
4. Brush for 2 minutes
5. Spit and don't rinse
6. Rinse your brush and store





# LOOKING AFTER OUR CHILDREN'S TEETH IS AS SIMPLE AS 1, 2, 3

1



Remember to brush teeth twice a day for 2 minutes.

Children under 3 years should use a smear of fluoride toothpaste.

Children 3 years and above should use a pea size amount of fluoride toothpaste.

2

Remember to limit sugary food and drinks to mealtimes only.



3



Remember to visit the dentist regularly.



Find out more

[www.nottinghamoralhealth.com](http://www.nottinghamoralhealth.com)

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