



My Tooth Brushing Chart

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY





Brushing Your Teeth

1. Squeeze a pea-sized dab of toothpaste onto your toothbrush.
2. Using small circular motions, gently brush the insides of your teeth. Make sure to jiggle along every tooth down to the gums.
3. Using a back-and-forth motion, brush along the chewing surfaces of your teeth.
4. Using small circular motions again, gently brush the outsides of your teeth. Make sure to brush all the way down to the gums.
5. Repeat steps 2-4 on your top and bottom teeth.
6. Don't forget to brush your tongue. Germs and bacteria can be there too.
7. Rinse your toothbrush thoroughly after brushing.



Daily Flossing is Important Too!

Flossing helps remove the plaque and food particles that get caught between teeth. Gently slide floss up and down between your teeth. Be careful not to push too hard against your gums.



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