

My Tooth Brushing Adventure

START
HERE!



SPLASH
INTO
NEXT
WEEK!



HOP INTO
NEXT
WEEK!



ALMOST
THERE!
TOU-CAN
DO IT!

FINISH

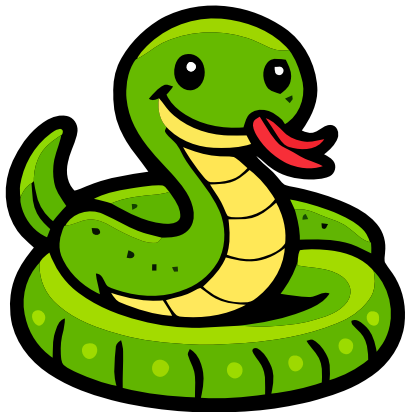
A winding river path through a jungle, composed of 10 rows of white swirls. The days of the week are labeled along the path in blue text: MONDAY, TUESDAY, WEDNESDAY, THURSDAY, FRIDAY, SATURDAY, SUNDAY. The path starts at the top left and ends at the bottom left, forming a continuous loop.

Brush your teeth 2 times a day for 2 minutes!
Follow the river by coloring a swirl each time you brush.

Brushing Your Teeth



- Squeeze a pea-sized dab of toothpaste onto your toothbrush.
- Use small circular motions, gently brush the insides of your teeth. Make sure to jiggle along every tooth down to the gums.
- Using a back-and-forth motion, brush along the chewing surfaces of your teeth.
- Using small circular motions again, gently brush the outsides of your teeth. Make sure to brush all the way down to the gums.
- Repeat steps 2-4 on your top and bottom teeth.
- Don't forget to brush your tongue. Germs and bacteria can be there too.
- 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 teeth. Be careful not to push too hard against your gums



To download additional copies of this brushing chart visit www.mnscha.org click on Members then on Oral Health & Dental Information.  Like us on Facebook