

TOOTH BRUSHING CHART

2 x 2 = HEALTHY TEETH

Brush 2 times per day for 2 minutes!

DID YOU KNOW...

The LA Times reports that over 50% of children will have some tooth decay by the age of 5 and that oral infection is the number one chronic disease in kids.

What can you do? Besides brushing and flossing, cut down on all the sweet snacks including raisins and fruit juice which pack a lot of sugar. Also make sure kids get a regular fluoride treatment to keep their teeth strong.

TIPS FOR PARENTS:

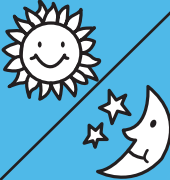
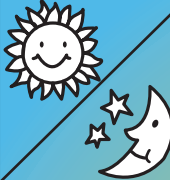
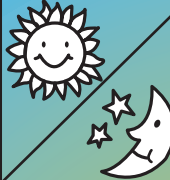
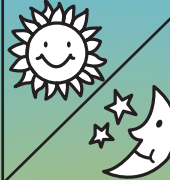

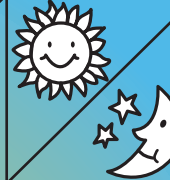
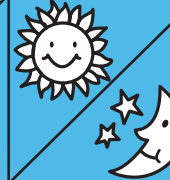
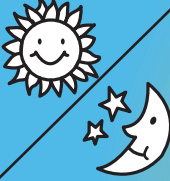


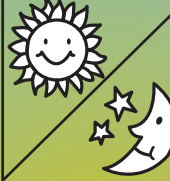


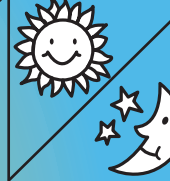




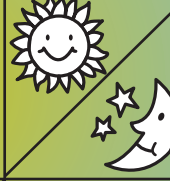









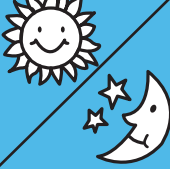





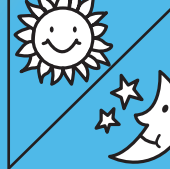
Creating a dental routine early can ensure a lifetime of healthy smiles for your child. By teaching your children the benefits of brushing and flossing, you are putting them on a course for good oral health.

The proper brushing technique is to:

- Place toothbrush at a 45-degree angle to the gums.
- Move the brush back and forth gently in short (tooth-wide) strokes.
- Brush the outer surfaces, the inner surfaces, and the chewing surfaces of the teeth.
- To clean the inside surfaces of the front teeth, tilt the brush vertically and make several up-and-down strokes.
- Brush the tongue to remove bacteria and keep breath fresh.

Of course, brushing teeth is only a part of a complete oral care routine. You should also make sure kids:

- Clean between teeth daily with floss.
- Eat a balanced diet and limit between-meal snacks.
- Visit their dentist regularly for professional cleanings and oral exams.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
						
						
						
						



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Color in or initial the chart each time you brush to help keep your teeth clean and white!