

I'm looking after my teeth!

I have....	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Brushed twice a day	Morning	Morning	Morning	Morning	Morning	Morning	Morning
	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime
Brushed for 2 minutes each time							
Avoided sugary food and drinks between meals							

**Health
for Kids!**

Visit the
dentist every
6 months

Change your
toothbrush
every 2 months

Use a
fluoride
toothpaste

Tooth Care Tips

