

# My brushing chart

## Tips for parents/carers...





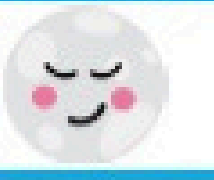
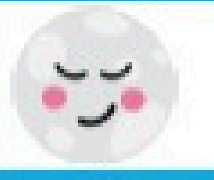
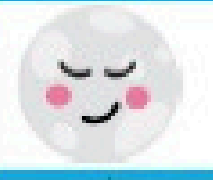
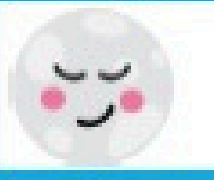




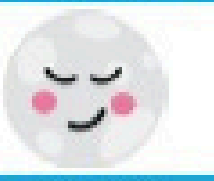
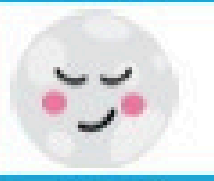
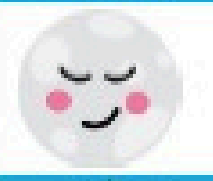
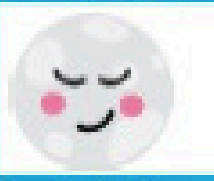






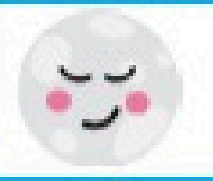
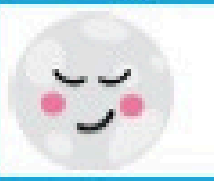




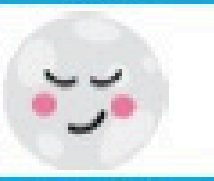

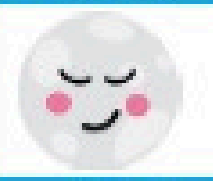
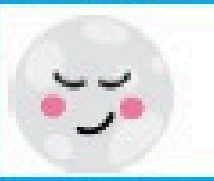




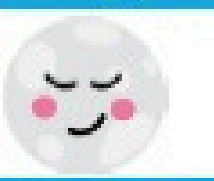
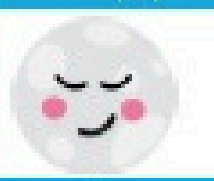
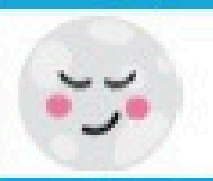
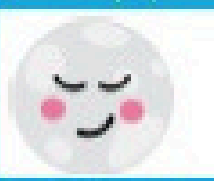




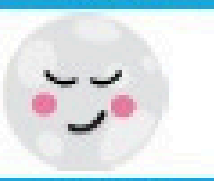
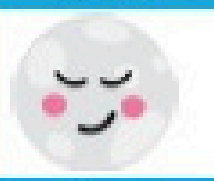
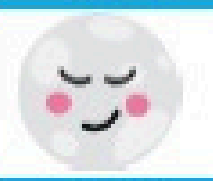
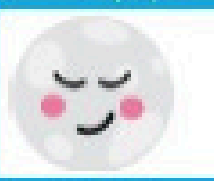




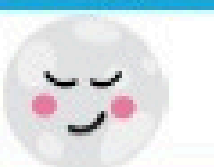
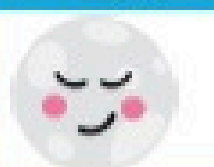
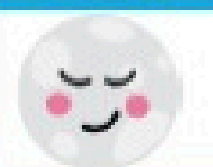
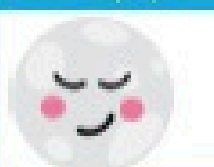
**Help with brushing for two minutes at least twice a day, especially before going to bed – don't forget to brush the gum line**

**Use fluoride toothpaste (containing at least 1,000ppm – see ingredients)**

**Do not rinse with water after brushing, just spit out**

### How much toothpaste?



|           | Week 1  | Week 2  | Week 3  | Week 4  |
|-----------|---|---|---|---|
| Monday    |  |  |  |  |
|           |  |  |  |  |
| Tuesday   |  |  |  |  |
|           |  |  |  |  |
| Wednesday |  |  |  |  |
|           |  |  |  |  |
| Thursday  |  |  |  |  |
|           |  |  |  |  |
| Friday    |  |  |  |  |
|           |  |  |  |  |
| Saturday  |  |  |  |  |
|           |  |  |  |  |
| Sunday    |  |  |  |  |
|           |  |  |  |  |