



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 along the gum line too.

Use fluoride toothpaste (containing at least 1,350ppm -1,500ppm- see ingredients on the back of the box or tube).

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

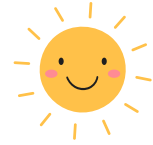


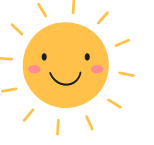












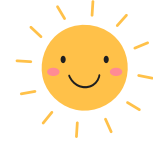









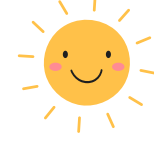






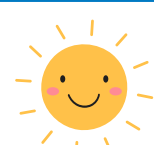
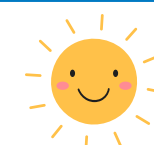
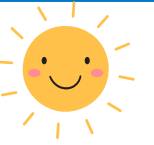












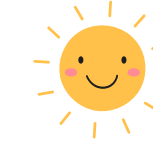







How much toothpaste?



0-3 years old
just a smear



3+ years old
a pea sized blob

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

You can find contact details for Bedfordshire, Cambridgeshire & Peterborough, and Suffolk oral health teams at www.dentalhealthcareoe.nhs.uk/oral-health-improvement/