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**Brushing Chart**

	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
<b>MONDAY</b>								
<b>TUESDAY</b>								
<b>WEDNESDAY</b>								
<b>THURSDAY</b>								
<b>FRIDAY</b>								
<b>SATURDAY</b>								
<b>SUNDAY</b>								

Visit [MouthHealthy.org/SmileBuilders](http://MouthHealthy.org/SmileBuilders) for more activity sheets.

**HEALTHY SMILE TIPS**



Brush your teeth twice a day with a fluoride toothpaste.



Clean between your teeth daily.



Eat a healthy diet that limits sugary beverages and snacks.



See your dentist regularly for prevention and treatment of oral disease.

**ADA** American Dental Association®