

My Brushing Chart

FINISH



Colour Name

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Keep a record of every time you brush your teeth in the morning and at night before you go to bed. Using a different colour Crayon for each member of the family, check off each time you brush your teeth!





Dental Health Foundation
Ireland



Brushing instructions:

- Help your child with brushing in the morning and at bedtime**
- Use Soft/Medium Toothbrush**
- Brush for 2-3 minutes**
- Use a pea sized amount of Fluoride Toothpaste, use a standard toothpaste suitable for all the family**
- Brush two teeth at a time (width of your toothbrush)**
- Count to ten for every two teeth you brush**
- Brush gums and teeth with toothbrush and toothpaste in circular motion**
- Brush top and bottom teeth**
- Brush outside of teeth and gums, inside of teeth and gums and biting surface**
- Spit out after brushing - No rinsing**
- Change your toothbrush every 2/3 months**