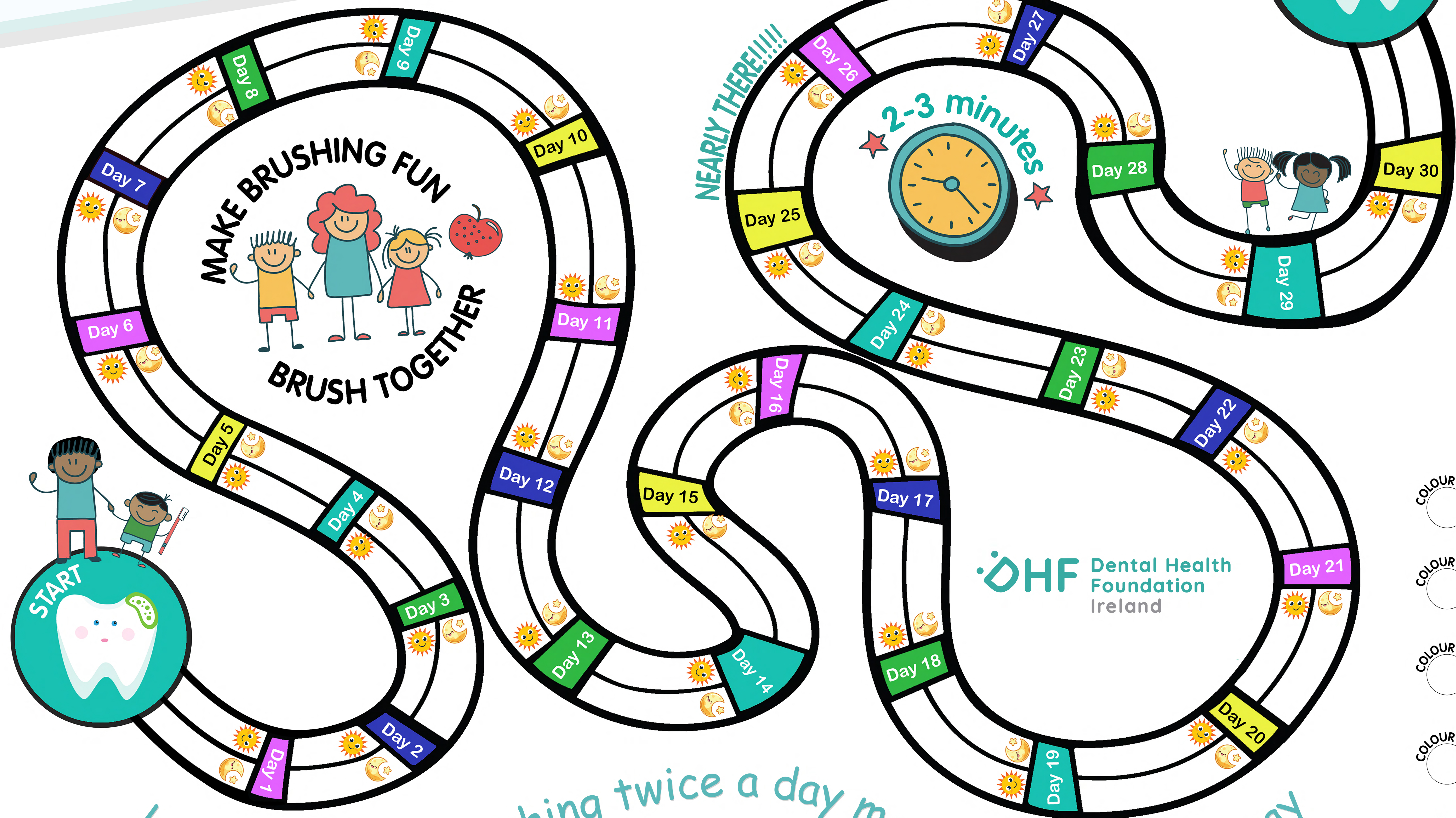




Keep a record of every time you brush your teeth in the morning and at night before you go to bed. Using a different colour crayon for each member of the family, check off every time you brush your teeth!

MY BRUSHING CHART



COLOUR

NAME

COLOUR

NAME

COLOUR

NAME

COLOUR

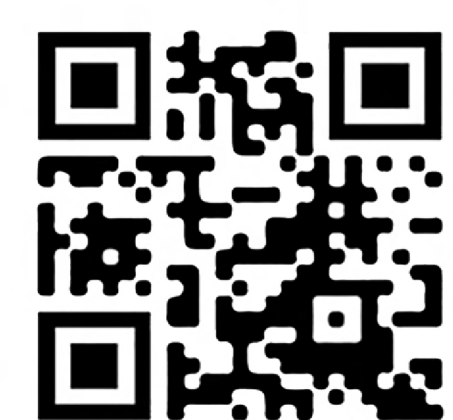
NAME

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Scan here to visit our website

Less sugar and brushing twice a day means less tooth decay

DHF Dental Health Foundation Ireland

SUGAR +
TEETH + PLAQUE
= TOOTH DECAY

How to brush your teeth

DHF Dental Health
Foundation
Ireland

www.dentalhealth.ie CHY 6200

Get help to brush your teeth.

Brush two teeth at a time
(width of the toothbrush head).

Count to ten for every two
teeth you brush.

Brush gums and teeth with a toothbrush
and pea-sized amount of fluoride
toothpaste (at least 1,000 ppm) in a
gentle circular motion. (See pictures).

Brush top and bottom teeth.

Brush both the inside and outside of
teeth and gums and the biting surface.

Help your child
with brushing
in the morning
and at night
before bed.

Use a soft/
medium
toothbrush and a
pea-sized
amount of
fluoride
toothpaste.

Do not use
toothpaste for
under two's
unless advised
by your
dentist.

Brush for 2-3
minutes (about
the length of a
song!).

Spit out after
brushing,
don't rinse.

Change your
toothbrush every
2/3 months, or
when the bristles
are worn.

Choose a healthy
snack between
meals and tooth
friendly drinks like
unflavoured milk
and water.

Visit your
dental team at
least once a
year for advice
and a
check-up.

