

# MY BRUSHING CHART

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!



**MAKE BRUSHING FUN  
BRUSH TOGETHER**

**NEARLY THERE!!!!**

**2-3 minutes**

**START**

**FINISH**

Day 1 to Day 30

DHF Dental Health Foundation Ireland

Less sugar and brushing twice a day means less tooth decay

COLOUR  NAME \_\_\_\_\_

COLOUR  NAME \_\_\_\_\_

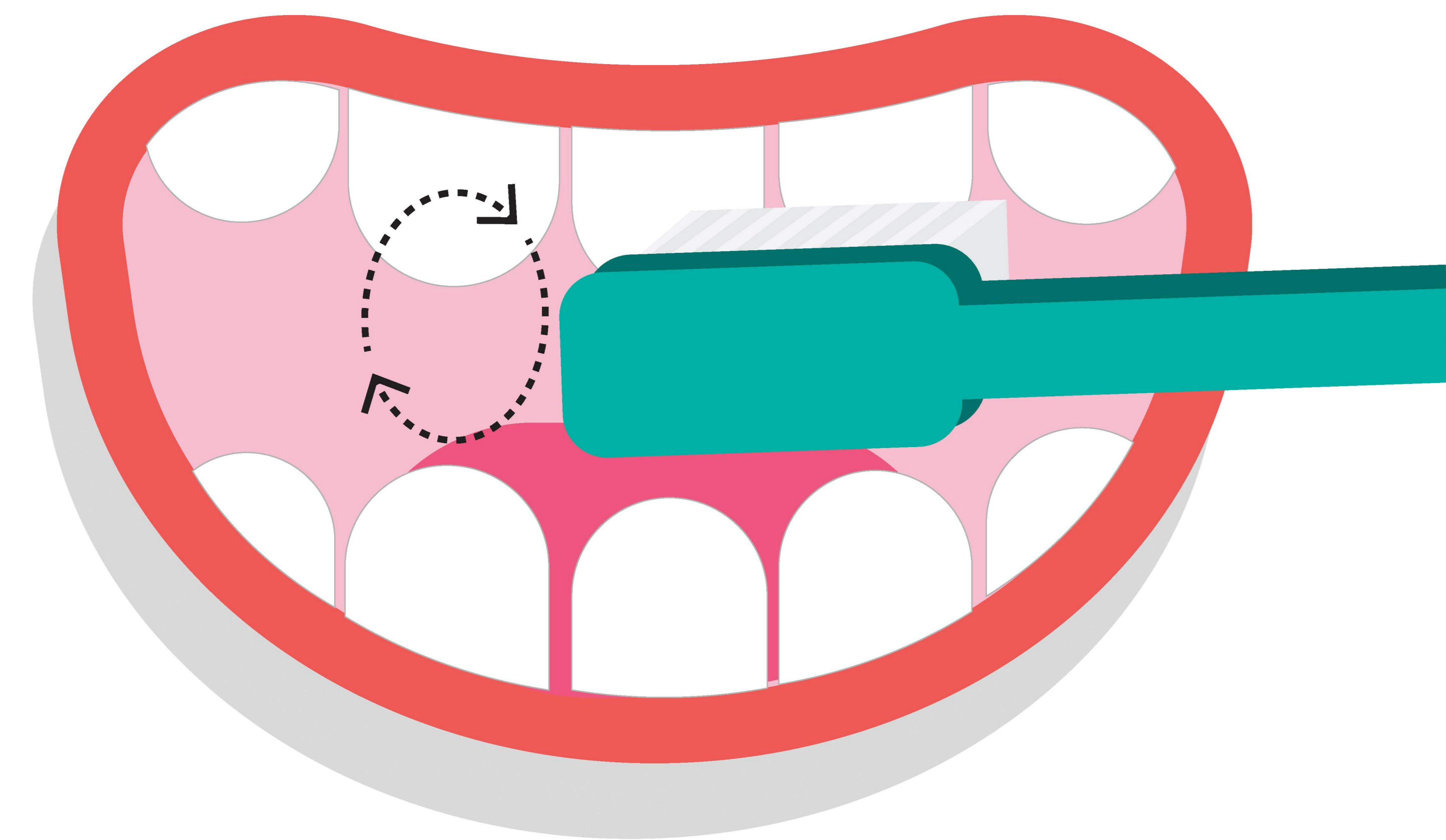
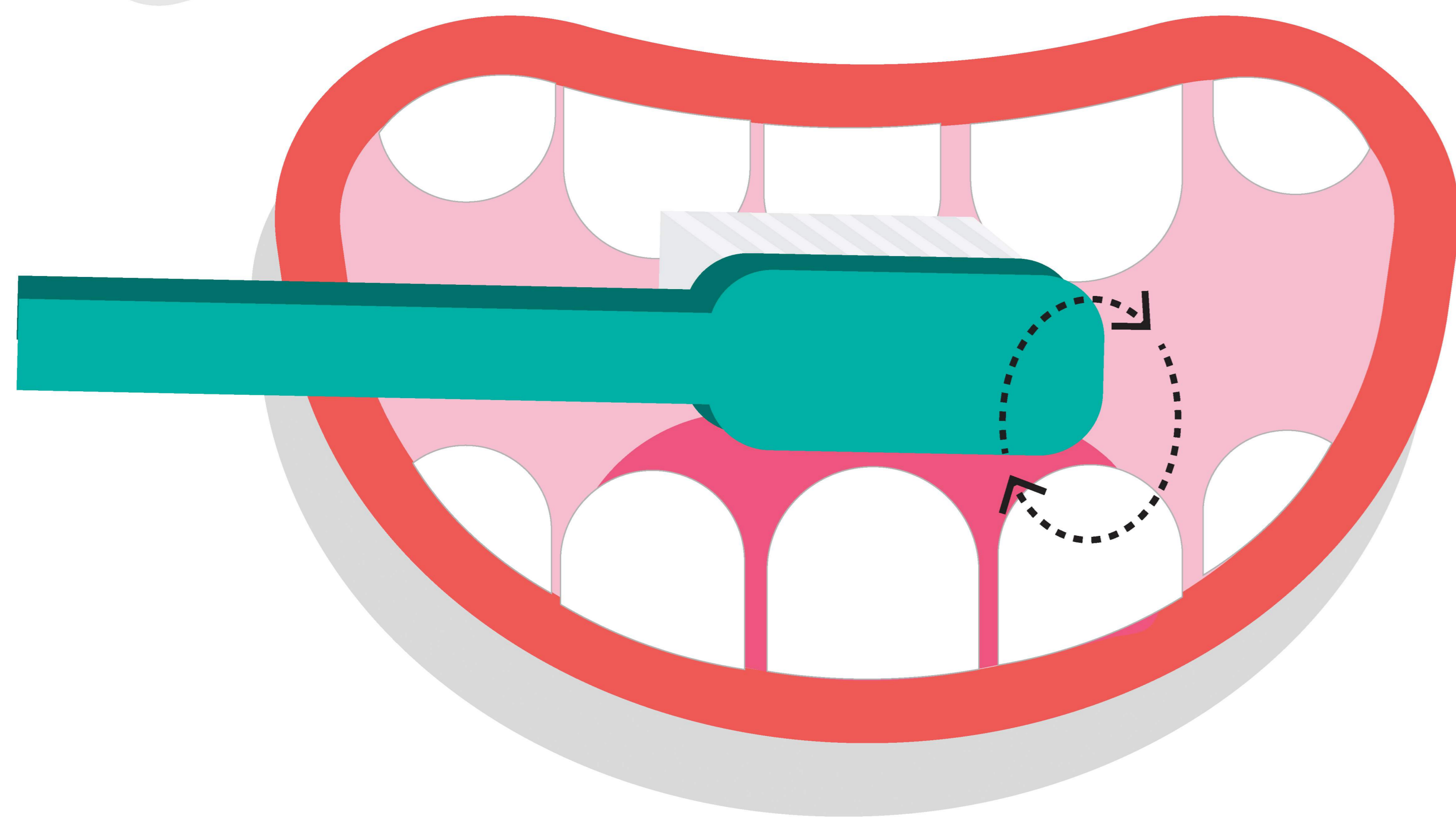
COLOUR  NAME \_\_\_\_\_

COLOUR  NAME \_\_\_\_\_

COLOUR  NAME \_\_\_\_\_

COLOUR  NAME \_\_\_\_\_

SUGAR +  
TEETH + PLAQUE  
= TOOTH DECAY



# How to brush your teeth

Get help to brush your teeth.

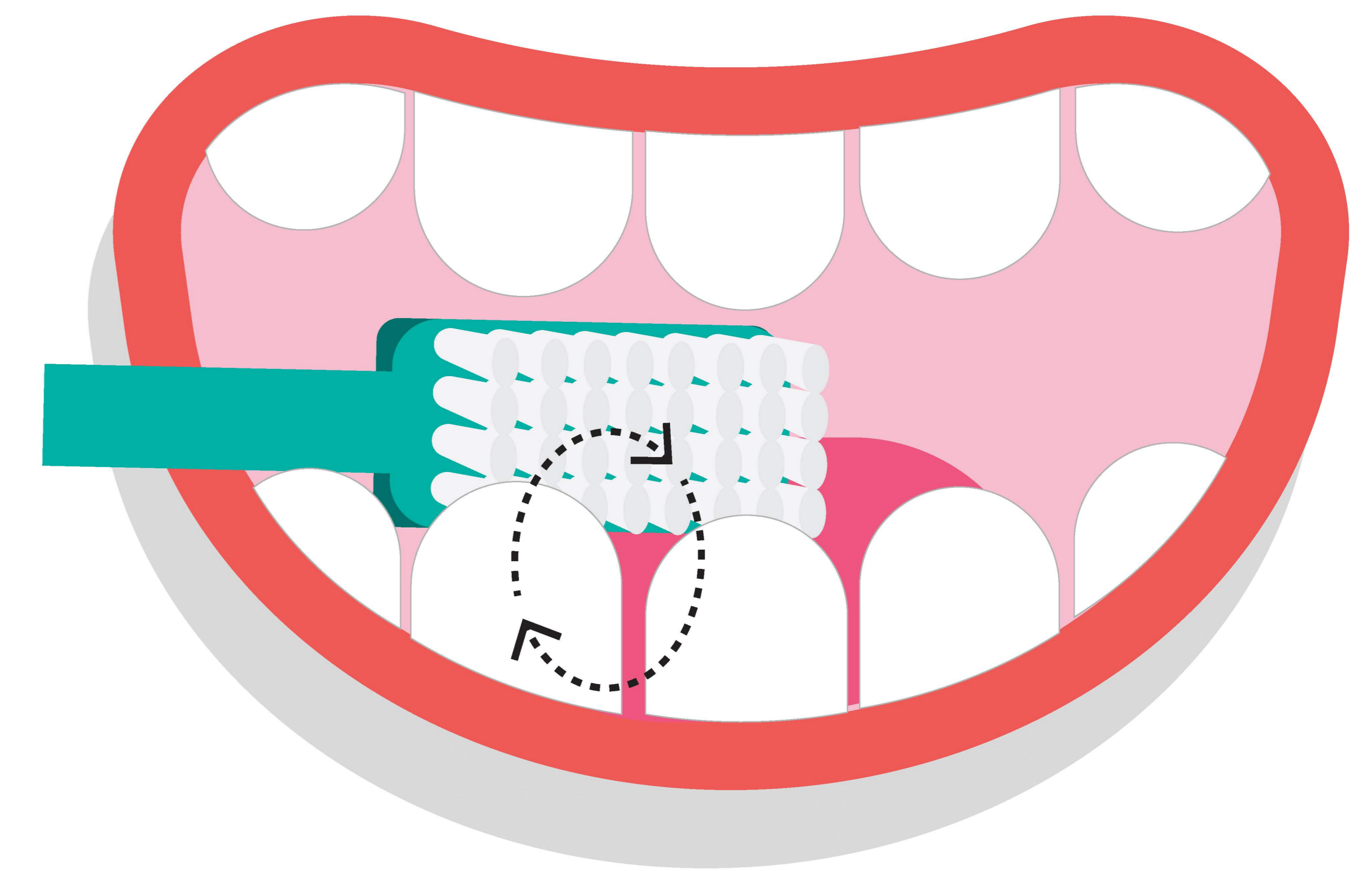
Brush two teeth at a time  
(width of the toothbrush head).

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.

