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!
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