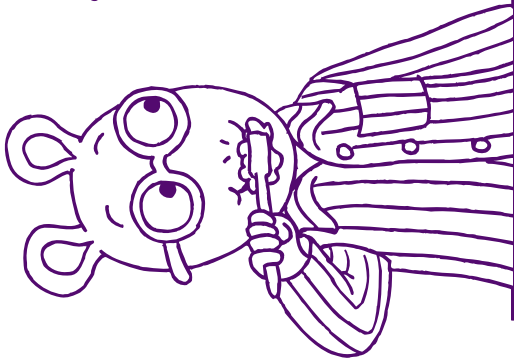


My Toothbrushing Chart

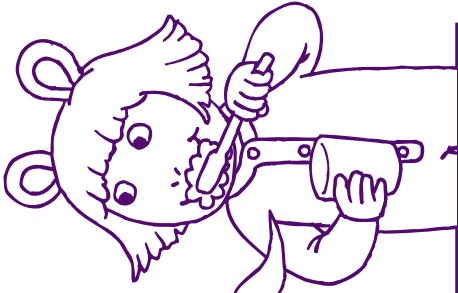


Brush your teeth in the morning.

Brush your teeth at night.

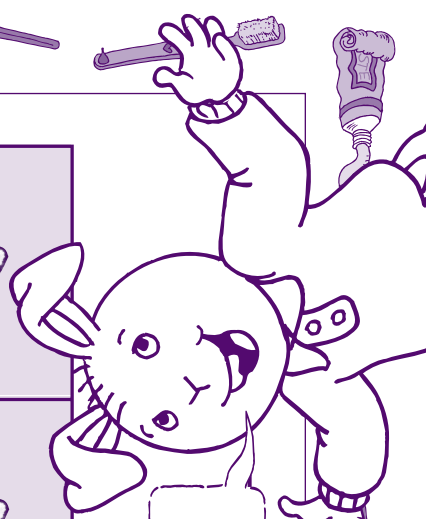
Mark your chart

When your teeth are clean and bright.



Color in the tooth or put a sticker on the calendar each time you brush your teeth.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING							
NIGHT							



Happy brushing!

Name _____

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Tooth Care

Tips for Parents and Kids

Tooth decay is caused by food that is left on your teeth.

These bits of food make a film on your teeth called plaque.

Germs in the plaque make acid, which can eat holes in your teeth.

To keep your teeth clean and strong:

- 🦷 Brush your teeth twice a day, after breakfast and before you go to bed.
- 🦷 Brush with toothpaste that has fluoride. Fluoride helps prevent cavities. You should never swallow toothpaste.
- 🦷 Use a toothbrush with soft bristles.
- 🦷 Brush the front, back, and top of every tooth. Brush your tongue, too!
- 🦷 Visit your dentist twice a year. The dentist will clean and check your teeth.



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El cuidado de los dientes

Consejos para padres e hijos

La caries dental se produce por restos de alimentos que quedan en los dientes.

Estos pedacitos de comida forman placa dental, una película que se pega a los dientes.

Las bacterias de la placa producen ácido, que puede formar agujeros en los dientes.

Para mantener los dientes sanos y fuertes:

- 🦷 Cepíllate los dientes dos veces al día, después del desayuno y antes de acostarte.
- 🦷 Usa crema dental que contenga flúor. El flúor ayuda a prevenir la caries dental.
- 🦷 Nunca debes tragarte la crema dental.
- 🦷 Usa un cepillo de cerdas suaves. Cepilla el frente, la parte de atrás y la superficie masticadora de todos los dientes y muelas.
- 🦷 Cepíllate la lengua también.
- 🦷 Acude al odontólogo dos veces al año para que te limpie y revise la dentadura.



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