

Tooth Brushing Chart









































































FOR _____ Child's Name

MONTH _____

Colour in the sun  after you brush in the morning

Colour in the moon  after you brush at night

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 	 	 	 	 	 	 
 	 	 	 	 	 	 
 	 	 	 	 	 	 
 	 	 	 	 	 	 
 	 	 	 	 	 	 



Brush your teeth twice a day with a fluoride toothpaste
Drink water and milk • Choose tooth-friendly healthy snacks

Information supplied by Canterbury Community Primary Health Organisation and Canterbury District Health Board
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