

Tooth & Paste's

Teeth Cleaning Chart

Name _____



Monday



Tuesday



Wednesday



Thursday



Friday



Saturday

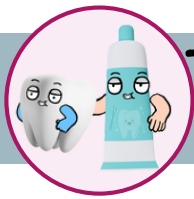


Sunday



healthwatch
Warrington
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Tooth & paste





Tooth & Paste's Guide to Brushing your teeth

Step 1

Get your tooth brush and add tooth paste
Your toothpaste must contain fluoride!

0-3 years old



3-6 years old



Step 2

Brush your teeth in a circular motion, getting your teeth and gums for up to 2 minutes twice a day, in the morning and at night.



Top tip

Look in the mirror when brushing so you can see where you have brushed!

Step 3

Spit out the foam
Don't rinse with water



Top tip

Remember to treat your teeth well and keep sugary food to meal times!

