



# Step by Step

# My brushing chart

Brush your teeth for 2 minutes, twice a day. Tick when you brush...

Have you brushed all week?  
Colour in the star to reward yourself

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
✓						
✓						



WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
✓						
✓						



WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
✓						
✓						



WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
✓						
✓						



Helps establish good brushing habits from 0 to 6+ years

Healthy teeth. **For life.**

