

LONESTAR

Smiles for Kids

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I _____, Brush My Teeth **2** Times a Day
Morning + Night = 2 times a day

Brushing Tips For Kids:

- Brush teeth long enough to thoroughly clean all tooth surfaces
- Brush on outer and inner surfaces.
- Brush on chewing surfaces.
- Brush on inside surfaces of front
- Brush after breakfast
- Brush before going to bed
- Brush after eating whenever possible.
- Begin good toothbrushing habits during preschool, encourage brushing after snacks.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday