

Help Your Child Brush And Floss Twice a Day



1. Fill in this calendar with the current month and its weeks.
2. When your child has brushed and flossed their teeth, check off the calendar.
3. Make it fun! Brush with a buddy – print out a calendar for each member of the family.
4. Set a good example. When children see what you're doing, they'll want to brush their teeth, too.
5. Don't forget to praise your kids!
6. It only takes a few weeks to establish healthy dental habits. Bring completed charts with you to your next appointment and receive a special surprise!
7. For more copies, visit www.charlottedentistry.com

Tooth Brushing Calendar



| Check Off Images After Brushing | Dates | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|------------------------------------|---------|--------|--------|---------|-----------|----------|--------|----------|--|
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| | __ - __ | | | | | | | | |
| | __ - __ | | | | | | | | |
| | __ - __ | | | | | | | | |

Name: _____

Month: _____

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