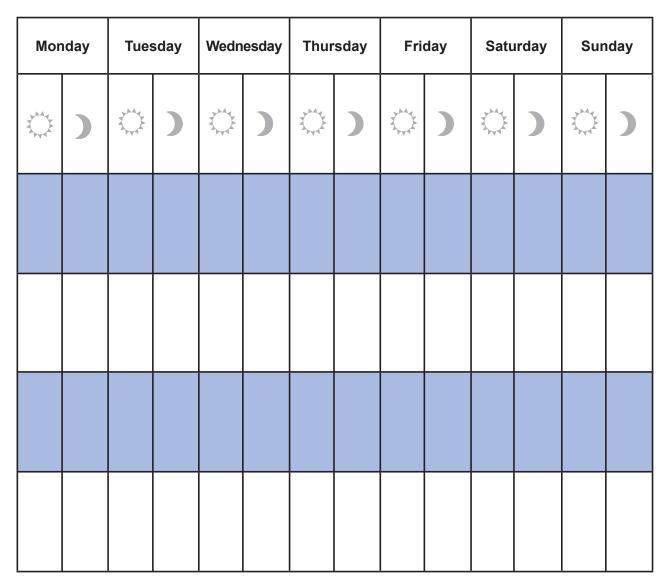
## TOOTH BRUSHING CHART



\*Adapted from Western Sydney Local Health District Tooth Smart Chart















The **Tooth Brushing Chart** is a tool to help parents to motivate their children to brush their teeth with a fluoride toothpaste morning and night.

Children like praise as motivation for good behaviour.

The following non-junk rewards can be offered to children when they reach their tooth brushing goal:

- going to the park
- going for a picnic (even in the backyard)
- going for a bike ride or a swim
- going to the library
- watching a movie
- having a friend stay over
- having a special day out