

TOOTH BRUSHING CHART



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	

*Adapted from Western Sydney Local Health District Tooth Smart Chart

Eat Well
Give healthy snacks during the day. Like fruit, cheese & vegetable sticks

Drink Well
Give tap water between meals.

Clean Well
Help your child to brush their teeth morning and night.

Stay Well
Have a dental check-up every year.

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

*Adapted from the Tooth Smart Goals and Rewards Tip Sheet