



SMILE CARE CALENDAR



For Each Day:

- 1) Put a *happy face* on days when you brush your teeth.
- 2) Put a *star* on days when you floss your teeth.
- 3) Put the date in the white box.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

Remember: 1) Brush your teeth two times a day 2) Use a "pea size" amount of toothpaste 3) Brush teeth for two full minutes (sing the toothbrush song) 4) Floss your teeth once a day 5) Replace toothbrushes(soft bristles) about every 3 months 6) Go to the dentist twice a year

NOTE TO PARENTS: Assist your child with brushing until about six years old and supervise them until about eight ensuring they do not swallow toothpaste.