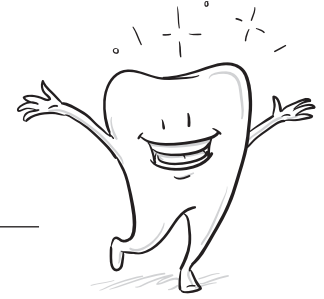




Color the star on the days you brush your teeth 2 times for 2 minutes.

This chart belongs to:



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
week 1							
week 2							
week 3							
week 4							



Download more fun activities at: www.AmericasToothFairy.org

Tips from the ToothFairy:

- All children should visit the dentist before the age of one. Children with special needs may need earlier and more frequent visits.
- Get a new toothbrush every 3 months and after each illness to avoid lingering bacteria and germs.
- Eat plenty of tooth-friendly snacks such as fruit, vegetables, cheese and yogurt. Avoid starchy and sticky snacks that can cling to teeth and cause decay.
- Ask your dentist or doctor if fluoride rinses, toothpaste, varnish, and supplements are recommended for your child.
- Clean orthodontic appliances daily with a denture-cleansing bath and thoroughly rinse before inserting into the mouth.
- Brush and floss twice every day and visit your dentist every 6 months!

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