



I can brush my teeth

My name is:

Tick the box when you have brushed your teeth.

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
							
							

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
							
							

Remember:

Brush your teeth twice a day for two minutes each time

Spit, do not rinse out your mouth after brushing

