

# Oral Care tips to help prevent cavities for a healthy and confident smile

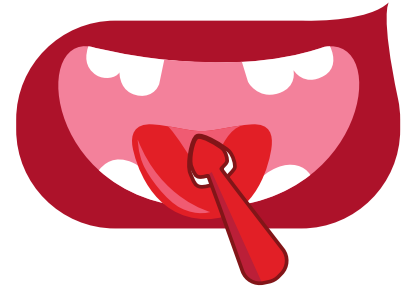
## Brush for 2 minutes twice daily to prevent cavities



Wiggle brush gently back and forth along outer gumline. Repeat for each tooth.

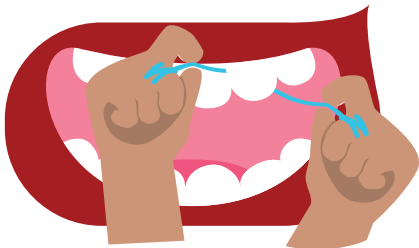


Brush the surface behind each tooth and the chewing surface.

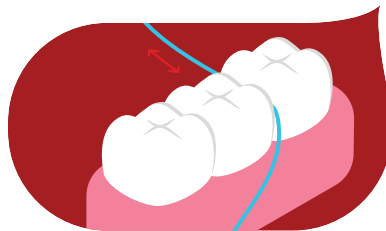


Don't forget to brush your tongue.

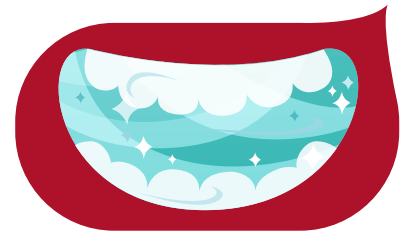
## Floss daily to remove plaque and food particles between teeth that can cause cavities



Help your child gently move floss using a slow back and forth and up and down motion between their teeth.



Curve the floss around each tooth to encourage any debris removal but be gentle with the gumline.



Your dental professional may recommend use of fluoride mouthwash for children 6+ to help prevent cavities.

### Make brushing fun!

Encourage kids to brush regularly at home by picking their favorite character toothbrush and toothpaste. Remember to replace your toothbrush every 3 months.

- Harry Potter
- Bluey
- Minecraft
- Pokémon
- Unicorn Academy

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# MY BRUSHING CHART



Ready... Set...  
**BRUSH!**



Keep up the good work,  
scan and print a  
new calendar!

Day <b>1</b>   <input type="checkbox"/> <input type="checkbox"/>	Day <b>2</b>   <input type="checkbox"/> <input type="checkbox"/>	Day <b>3</b>   <input type="checkbox"/> <input type="checkbox"/>	Day <b>4</b>   <input type="checkbox"/> <input type="checkbox"/>	Day <b>5</b>   <input type="checkbox"/> <input type="checkbox"/>	Day <b>6</b>   <input type="checkbox"/> <input type="checkbox"/>
Day <b>7</b>   <input type="checkbox"/> <input type="checkbox"/>	Day <b>8</b>   <input type="checkbox"/> <input type="checkbox"/>	Day <b>9</b>   <input type="checkbox"/> <input type="checkbox"/>	Day <b>10</b>   <input type="checkbox"/> <input type="checkbox"/>	Day <b>11</b>   <input type="checkbox"/> <input type="checkbox"/>	Day <b>12</b>   <input type="checkbox"/> <input type="checkbox"/>
Day <b>13</b>   <input type="checkbox"/> <input type="checkbox"/>	Day <b>14</b>   <input type="checkbox"/> <input type="checkbox"/>	Day <b>15</b>   <input type="checkbox"/> <input type="checkbox"/>	Day <b>16</b>   <input type="checkbox"/> <input type="checkbox"/>	Day <b>17</b>   <input type="checkbox"/> <input type="checkbox"/>	Day <b>18</b>   <input type="checkbox"/> <input type="checkbox"/>
Day <b>19</b>   <input type="checkbox"/> <input type="checkbox"/>	Day <b>20</b>   <input type="checkbox"/> <input type="checkbox"/>	Day <b>21</b>   <input type="checkbox"/> <input type="checkbox"/>	Day <b>22</b>   <input type="checkbox"/> <input type="checkbox"/>	Day <b>23</b>   <input type="checkbox"/> <input type="checkbox"/>	Day <b>24</b>   <input type="checkbox"/> <input type="checkbox"/>
Day <b>25</b>   <input type="checkbox"/> <input type="checkbox"/>	Day <b>26</b>   <input type="checkbox"/> <input type="checkbox"/>	Day <b>27</b>   <input type="checkbox"/> <input type="checkbox"/>	Day <b>28</b>   <input type="checkbox"/> <input type="checkbox"/>	Day <b>29</b>   <input type="checkbox"/> <input type="checkbox"/>	Day <b>30</b>   <input type="checkbox"/> <input type="checkbox"/>

**You did it!**





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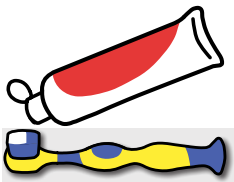


**Great Job!**

\_\_\_\_\_  
Name

You are being awarded this very special  
certificate for doing a great job brushing  
and having a sparkly, healthy smile!

\_\_\_\_\_  
Date



**1** Brush your  
teeth twice a  
day



**2** Limit sugary  
snacks & drinks



**3** Visit your  
dentist  
regularly



**4** Don't forget  
to floss



**5** Change your  
toothbrush  
every 3  
months

**Well done and keep up the good brushing!**

# Healthy Choices, Happy Smiles Challenge

Ready... Set...  
**BRUSH!**

