

























































































































Smile If You Brushed and Flossed Today

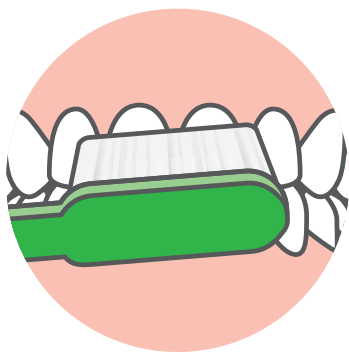
Hang this chart in the bathroom. Write the names of the people in your family. Draw a happy face in the boxes when you brush and floss.

Family Names	Sunday			Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
	Brush AM	Floss	Brush PM	Brush AM	Floss	Brush PM	Brush AM	Floss	Brush PM	Brush AM	Floss	Brush PM	Brush AM	Floss	Brush PM	Brush AM	Floss	Brush PM	Brush AM	Floss	Brush PM
																					
																					
																					
																					
																					
																					

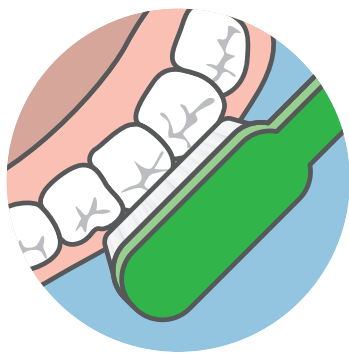
Bright Smiles For The Whole Family

Tooth decay is nearly 100% preventable so to protect your teeth, brush twice a day for two minutes with fluoride toothpaste, in the morning and always before bedtime. Remember to floss your teeth every day and limit sugary drinks and snacks.

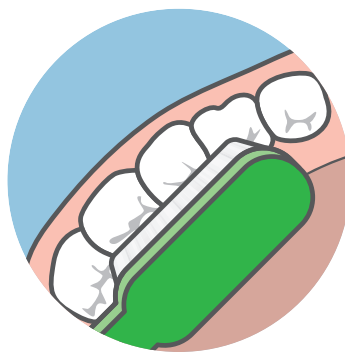
How To Brush



1. Place your brush at an angle, so the bristles are pointing toward the gumline. Make small, circular motions as you move your toothbrush along the teeth.



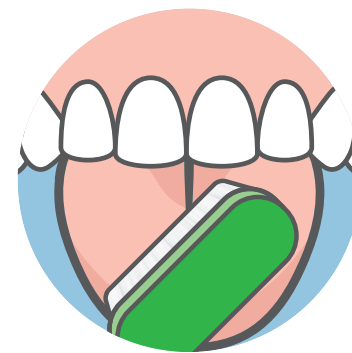
2. Brush your top teeth on the inside, outside, and chewing surface.



3. Brush your bottom teeth on the inside, outside, and chewing surface.

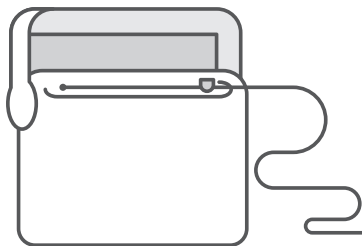


4. You can use the tip of your brush to clean behind your front teeth on the top and bottom.



5. Don't forget to brush your tongue!

How To Floss



1. Pull 18" to 24" (45 to 60 cm) of dental floss from the dispenser and wrap the ends around your middle fingers.

2. Gently rock the floss between the teeth. Once it touches the gum tissue, rub the floss up and down against both sides of the 2 teeth.

