

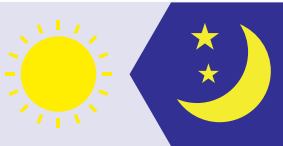


# Healthy Smile Diary

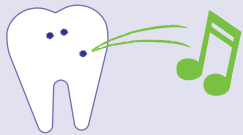
Tick the box when you complete an instruction\*



Brush teeth every **morning** and **evening**



Brush teeth for **2 minutes** or the length of a song



Use a **pea-sized** amount of toothpaste



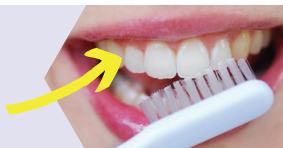
Change your toothbrush every **2-3 months** or when the bristles are worn



## Best Brushing:



Aim the toothbrush at an angle to the gum line



Move the toothbrush in small circles over the teeth and gums



For your chewing teeth, use back and forth brushing motions



**Floss** regularly to remove any food that brushing cannot reach



\*use a non-permanent marker so you can rub out the ticks and use it again the following day.