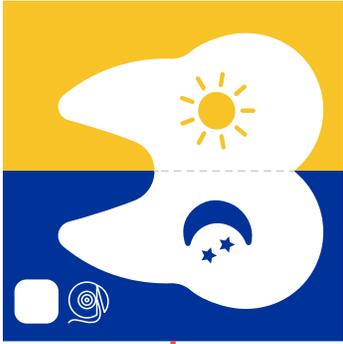


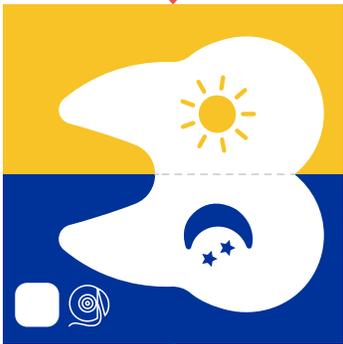
My Daily Brushing and Flossing

Color each side of the tooth when you brush in the morning and at night.
Mark the box when you floss.

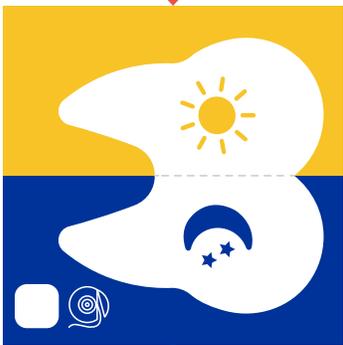
Monday



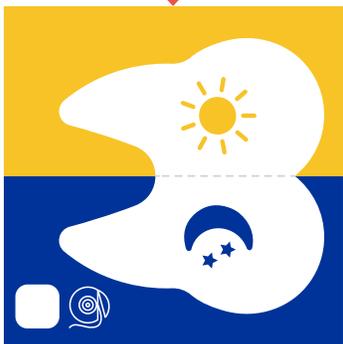
Tuesday



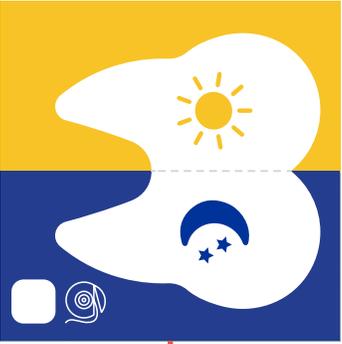
Wednesday



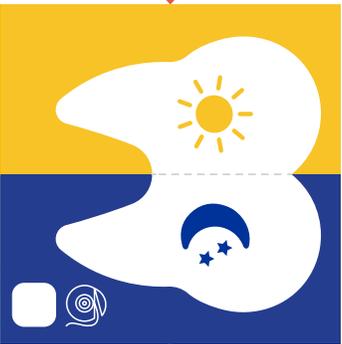
Thursday



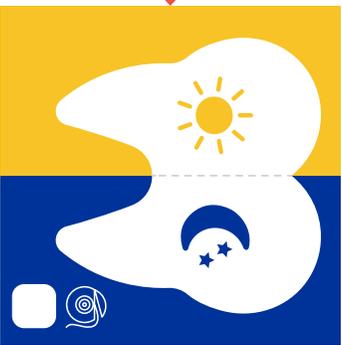
Friday



Saturday



Sunday

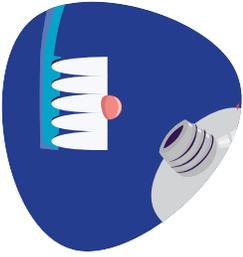


Repeat!

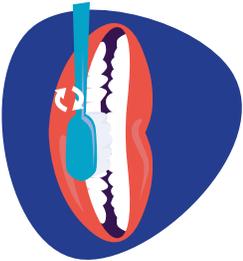
(front)

How to Brush Your Teeth

Squeeze a pea-sized amount of toothpaste on your toothbrush.



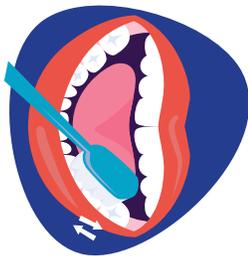
Brush the front sides of your top and bottom teeth, in circles.



Brush the backs of the top and bottom teeth.



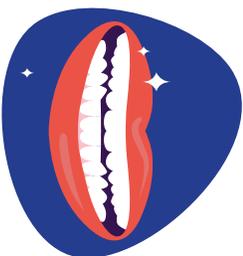
Brush the tops of all teeth.



Brush your tongue.



Smile!



How to Floss Your Teeth

With an 18" piece of floss, wrap it around your fingers, leaving a few inches between your hands.



Gently push the floss up and down between your bottom teeth.



Then floss up and down between your top teeth.



Make sure to floss your very back teeth too!



(back)