

brushy
brush
chart

Use this chart every time you brush. Ask a grown-up to hang it somewhere that is easy for you to see. When you finish brushing, make a ✓ for a job well done. Fill in the chart to show your Super Brusher skills!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



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Questions and Answers for Grown-Ups

Check out these answers to some of the most common questions about caring for young children's teeth:

Q: What kind of toothbrush should my child use?

A: Look for child-size brushes with small heads. Bristles should be soft or extra soft. Let your child choose the color to get him excited about brushing.

Q: How much toothpaste should children use?

A: A smear for children under age 2; a pea-size amount for children ages 2 to 5.

