



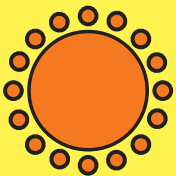
Supervised Toothbrushing Scheme  
for 3-5 year olds



# Home Toothbrushing Chart

## Get into the toothbrushing habit

Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday



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### Don't forget to keep going!

✓ Tick each box when you have brushed your teeth at home.

Brush your teeth at home **twice** a day.

Once before bed and one other time, as well as brushing at nursery or school.

**When your chart is filled in, return it to your nursery or school to receive your Toothbrushing Certificate**