

My teeth cleaning chart week 1



Use a pea-sized amount of fluoride toothpaste with no less than 1350ppm - check the label



Brush teeth twice a day making sure all the surfaces of the teeth are cleaned - this should take two minutes



Avoid sugary drinks - have water or milk to drink



DENTIST

Visit the dentist regularly



	Morning	Done	Night	Done
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

My teeth cleaning chart week 2



Use a pea-sized amount of fluoride toothpaste with no less than 1350ppm - check the label

	Morning	Done	Night	Done
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



Avoid sugary drinks - have water or milk to drink



Brush teeth twice a day making sure all the surfaces of the teeth are cleaned - this should take two minutes



Avoid sugary foods between meals, eat fruit or vegetables instead

