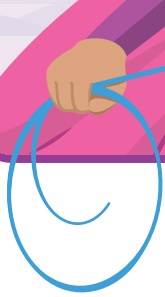






Brush Your Way to Saving the Day

Help Your Teeth Shine Bright.
Brush Morning & Night.



Keep your teeth strong by brushing TWICE a day. Fill in the chart below each day. Then celebrate your healthy habits!

	 MORNING	 NIGHT
Monday	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>
Thursday	<input type="checkbox"/>	<input type="checkbox"/>
Friday	<input type="checkbox"/>	<input type="checkbox"/>
Saturday	<input type="checkbox"/>	<input type="checkbox"/>
Sunday	<input type="checkbox"/>	<input type="checkbox"/>

Did you know you should brush for at least two minutes, twice a day? Try setting a timer or playing a song to keep track.

Learn more about children's oral health and the American Academy of Pediatric Dentistry Foundation at AAPDFoundation.org.