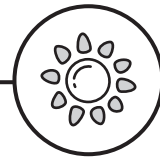


Brush Your Way to Saving the Day

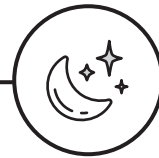
Help Your Teeth Shine Bright.
Brush Morning & Night.



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



MORNING



NIGHT

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

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.

