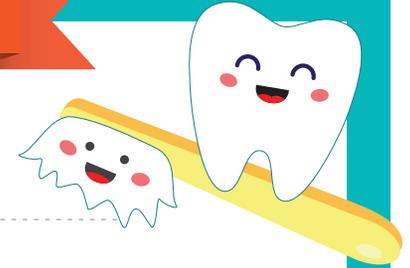


# I ♥ MY BRUSH & FLOSS CHART



American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN  
Wisconsin Chapter



Name: \_\_\_\_\_

Month: \_\_\_\_\_

Use your favorite color to fill in the circles below each time you brush and floss!



	Week 1		Week 2		Week 3		Week 4		Great Job!
	morning	evening	morning	evening	morning	evening	morning	evening	
Sunday	(B)	(B) (F)	★						
Monday	(B)	(B) (F)	★						
Tuesday	(B)	(B) (F)	★						
Wednesday	(B)	(B) (F)	★						
Thursday	(B)	(B) (F)	★						
Friday	(B)	(B) (F)	★						
Saturday	(B)	(B) (F)	★						

Common questions and answers for grown-ups:

**Q: What kind of toothbrush should my child use?**

**A:** Look for child-size brushes with small heads and extra soft bristles. Have your child choose the color to get them excited about brushing.

**Q: How much toothpaste should children use?**

**A:** A smear (rice-grain size) for children under age 3; a pea-size amount for children ages 3 to 6.

