



# Tooth Brushing Calendar

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

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

When you brush in the morning mark an X on the sun. When you brush in the evening mark an X on the moon.

It takes two minutes to do a good job brushing your teeth. Brush all sides. Have an adult check your teeth when you are done.

Brush morning and night . Keep your smile bright!



For help with dental care call [I-Smile](http://www.i-smile.com.au) at (563) 326-8645.