



# MY BRUSHING MISSION

## NJS DENTAL

My name: \_\_\_\_\_ Week beginning: \_\_\_\_\_

| My brushing week | Morning | Bedtime |
|------------------|---------|---------|
| Monday           |         |         |
| Tuesday          |         |         |
| Wednesday        |         |         |
| Thursday         |         |         |
| Friday           |         |         |
| Saturday         |         |         |
| Sunday           |         |         |



### NJS top tooth tips

- ① Brush for 2 minutes, morning and bedtime.
- ② Use fluoride toothpaste.
- ③ Clean every tooth, including the back ones.
- ④ Spit, don't rinse. Ask a grown-up to help.

My reward for trying: