



# MY TOOTHBRUSHING CHART

HELLO,

CHILD'S NAME

WELCOME TO THE MOLAR SYSTEM

## AND THE TOOTHBRUSHING CHALLENGE

BRUSH TWICE DAILY, ALWAYS BEFORE BED AND ON ONE OTHER OCCASION

TICK A BOX  
EACH TIME  
YOU BRUSH  
YOUR TEETH



YOU DID IT!

INVITE OTHER  
MEMBERS OF  
YOUR FAMILY  
TO BRUSH  
WITH YOU

AFTER FOUR WEEKS  
YOU WILL HAVE  
SUCCEEDED IN MAKING  
IT A DAILY ROUTINE

REMEMBER TO CLEAN ALL TOOTH  
SURFACES, BRUSH TOP AND  
BOTTOM, INSIDE AND OUT!

