



MY TOOTHBRUSHING CHART

HELLO,

CHILD'S NAME

WELCOME TO THE MOLAR SYSTEM

AND THE TOOTHBRUSHING CHALLENGE

BRUSH TWICE DAILY, ONCE IN THE MORNING AND THEN AGAIN BEFORE BED

TICK A BOX
EACH TIME
YOU BRUSH
YOUR TEETH



START HERE

WELL DONE ON YOUR
BRUSHING MISSION,
KEEP IT UP!

YOU DID IT!

INVITE OTHER
MEMBERS OF
YOUR FAMILY
TO BRUSH
WITH YOU

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

