

















MISSION #5

Child's Name _____

Training for a Superhero Smile















Track your tooth care at home for 28 days, and you'll be on your way to becoming a Tooth Defender!

Check off each time you brush:

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>

















☐ I flossed _____ days to help get rid of plaque!

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>

















☐ I ate more healthy snacks, and fewer sweet and sticky snacks to help prevent plaque attacks!

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>



☐ I have a dental appointment on _____ (date)

DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>

Key Messages for "Practicing Your Powers"

1. Plaque is bacteria. When it mixes with food, it creates an acid that can attack teeth. Brushing and flossing remove plaque!
2. Brushing with fluoride toothpaste helps strengthen teeth and fight plaque.

3. Brush all surfaces: top, bottom, inside, outside, tongue, and way in the back
4. Flossing gets the plaque that brushing may have missed.
5. Never share your toothbrush. Replace it every 3 months or when it becomes shaggy.