

Kids:

Give your toothbrush to an adult after you brush so they can brush any spots on your teeth that you might have missed!



After you brush, remember to floss to get any food hiding in between your teeth that the toothbrush can't get to!



Bring this chart to your dentist office at your next 6 month check up to show them what a great job you've been doing!

Parents: remember that you're child's hands are not big enough to properly brush on their own until they're hands are nearly as big as yours!

If your child brushes for two minutes two times a day for a whole week, consider rewarding them with these fun ideas:

- Reading an extra book at bedtime
- Ten extra minutes playing outside
- Let them pick what to help you cook for dinner one night!

We hope this helps your family develop a fun oral health routine!

We believe oral health is part of "whole body health and wellbeing" and a dental plan should be a partner, putting members at the front and center of all they do.

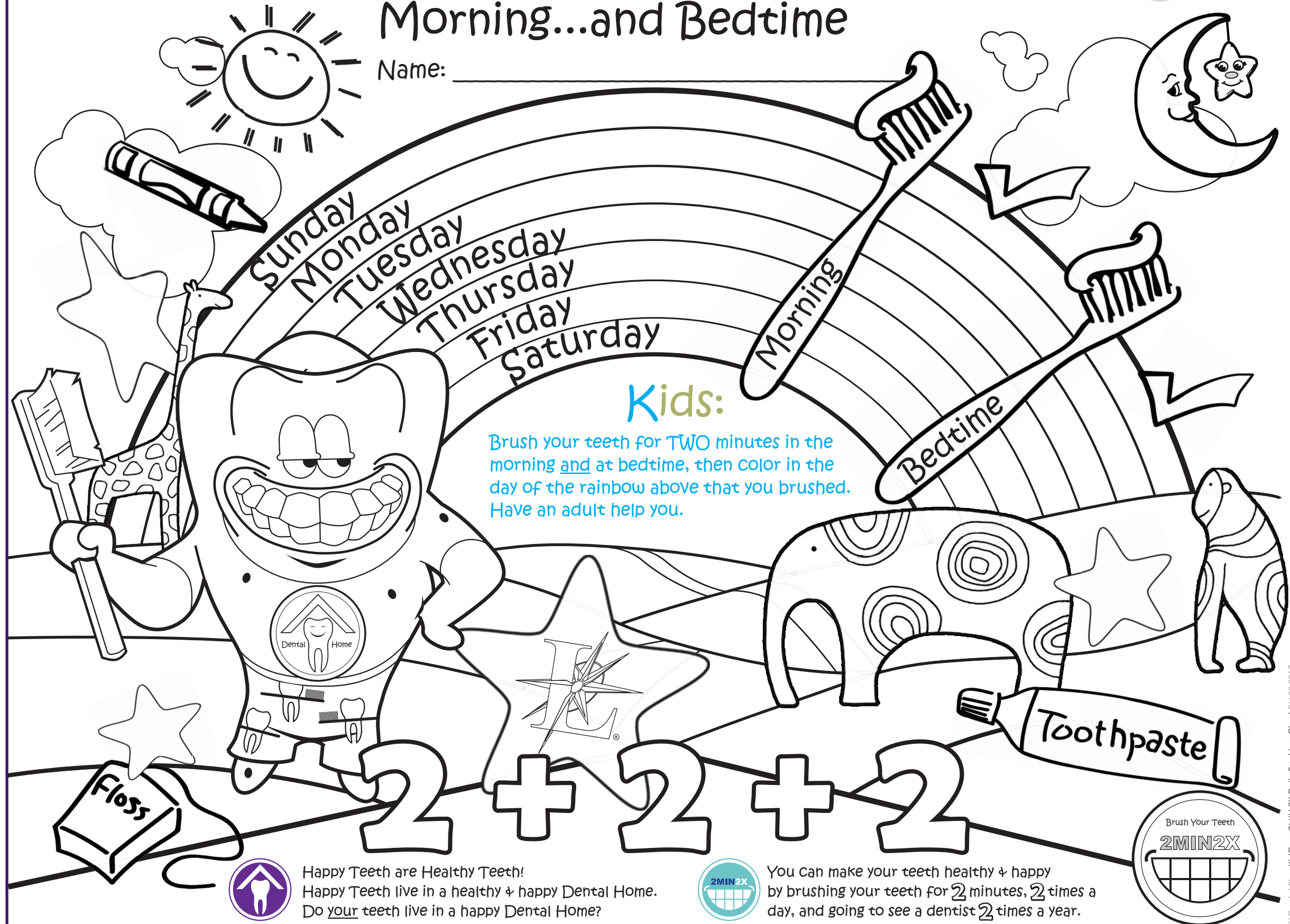
Member Services: 877.550.3875



I Brush My Teeth Two Times A Day!

Morning...and Bedtime

Name: _____



Kids:

Brush your teeth for TWO minutes in the morning and at bedtime, then color in the day of the rainbow above that you brushed. Have an adult help you.



Happy Teeth are Healthy Teeth!
Happy Teeth live in a healthy & happy Dental Home.
Do your teeth live in a happy Dental Home?



You can make your teeth healthy & happy by brushing your teeth for 2 minutes, 2 times a day, and going to see a dentist 2 times a year.



Download more copies of this Daily Brushing Chart on our website: www.libertydentalplan.com/Members/Oral-Health-Wellness-Tips