



I can brush my teeth Instructions

1. Brush your teeth for 2 minutes, 2 times a day. Have an adult brush any spots on your teeth that you might have missed.
2. Floss to remove food hiding between your teeth that the toothbrush can't get to.
3. Show your dentist what a great job you've been doing! Bring this chart to your dentist at your next check-up.

Parents: Remember that your child's hands may not be big enough to properly brush on their own until they reach age 8.

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 you cook for dinner for 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." By sharing the benefits of good oral health, we promote healthy families.

Download copies of this **Daily Brushing Chart** and other oral health tip guides on our website: www.libertydentalplan.com/Members/Oral-Health-Wellness-Tips

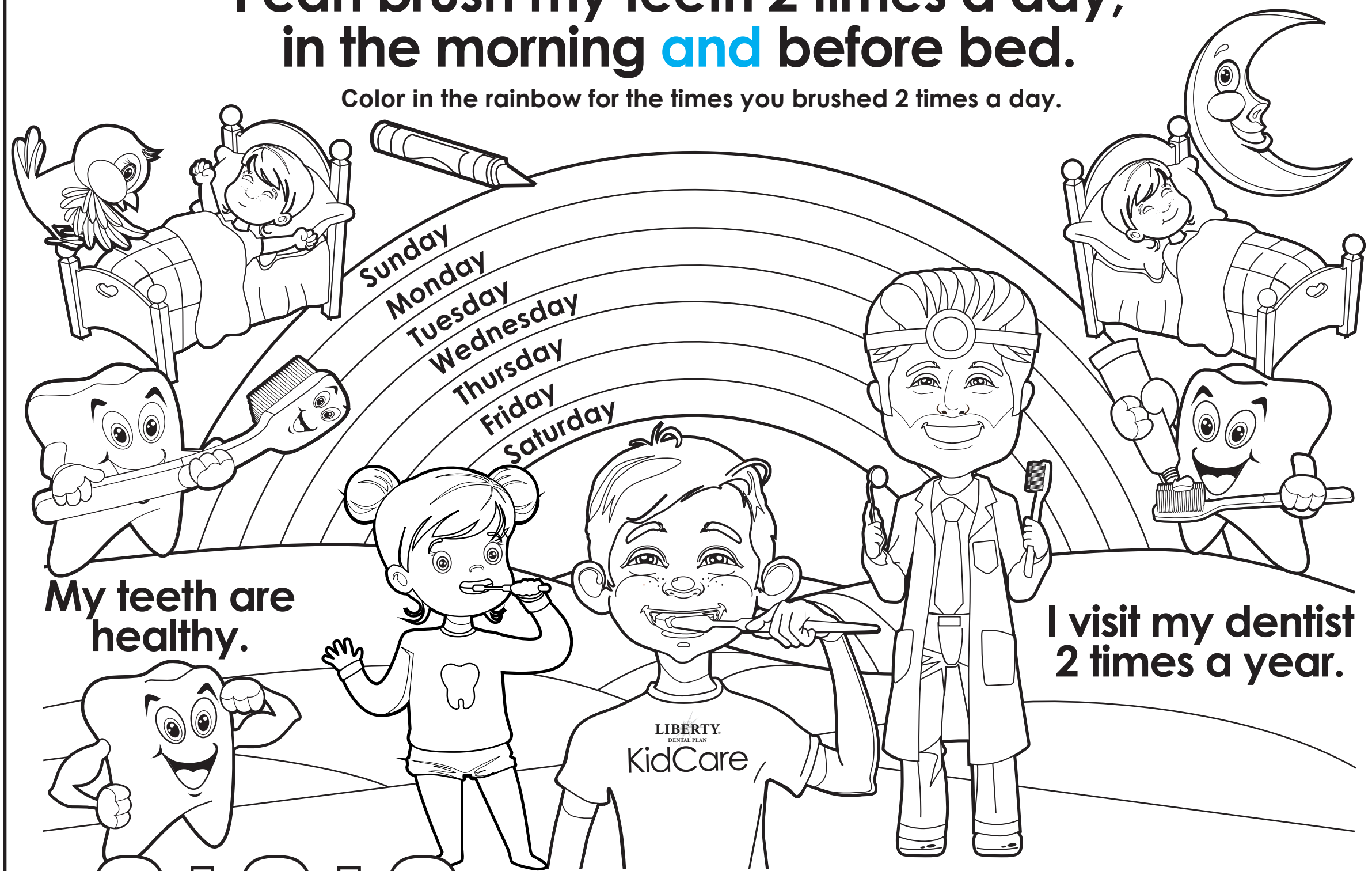
LIBERTY Dental Plan
Member Services
Toll Free: 888.700.1246



My Name _____

I can brush my teeth 2 times a day, in the morning **and** before bed.

Color in the rainbow for the times you brushed 2 times a day.



My teeth are healthy.

I visit my dentist 2 times a year.

2+2+2

Make your teeth healthy and happy. Brush your teeth for 2 minutes 2 times a day and visit your dentist 2 times a year.