



Mouth Heroes diary

Name: _____



Brush your teeth every morning and before bedtime.



MORNING



NIGHT

Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday



NOTE TO PARENTS: Help your child complete this toothbrushing diary. As their brushing Monitors and Helpers, draw a smiley face every time they brush correctly. They should brush every morning and night:

✓ using a pea-sized dab of fluoride toothpaste

✓ for 2 minutes

✓ gently in a circular motion

✓ without rinsing with water at the end, to stop the fluoride from being washed away



Ready, set, BRUSH!

