NATIONAL DENTAL HEALTH MONTH

BRUSHING CHART FOR KIDS

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National Dental Health Month brushing chart for kids

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I hope you and your children enjoy these National Dental Health Month brushing chart for kids

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Brush, Colour & Track – My Dental Health Chart

Brush your teeth every day and colour a tooth after each brushing session!

1. Monday AM	2. Monday PM
3. Tuesday AM	4. Tuesday PM
5. Wednesday AM	6. Wednesday PM
7. Thursday AM	8. Thursday PM
9. Friday AM	10. Friday PM
11. Saturday AM	12. Saturday PM
13. Sunday AM	14. Sunday PM









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My Healthy Smile Weekly Goal Chart

Set a brushing goal and celebrate your healthy habits!

MY GOAL

This week I will remember to _____.

MY WEEKLY PROGRESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM / PM	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM

MY CELEBRATION



Draw your happy smile here!



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My Healthy Teeth Daily Checklist

Check off your healthy smile habits every day!

Day	Brushed my teeth in the morning.	Brushed my teeth before bedtime.	Brushed for two minutes each time.	Used the recommended amount of fluoride toothpaste.	Asked an adult for help when needed.
Monday	☐	☐	☐	☐	☐
Tuesday	☐	☐	☐	☐	☐
Wednesday	☐	☐	☐	☐	☐
Thursday	☐	☐	☐	☐	☐
Friday	☐	☐	☐	☐	☐
Saturday	☐	☐	☐	☐	☐
Sunday	☐	☐	☐	☐	☐



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My Healthy Smile Brushing Adventure

Follow the path and mark your brushing progress!

START

Monday AM

Tuesday AM

Wednesday AM

Thursday AM

Friday AM

Saturday AM

Sunday AM

Monday PM

Tuesday PM

Wednesday PM

Thursday PM

Friday PM

Saturday PM

Sunday PM

FINISH

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My Brushing Sticker Chart

Place a sticker every time you brush your teeth!

Day	Morning Sticker	Night Sticker
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



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Brush All Around – Healthy Teeth Chart

Remember to brush every part of your teeth gently!





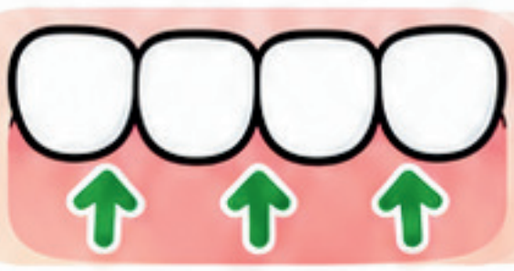
Front Surfaces:
Brush the front of your teeth.



Back Surfaces:
Clean the back surfaces of your teeth.



Chewing Surfaces:
Brush the surfaces used for chewing.



Gumline:
Gently clean along the gumline.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
☐ AM	☐ AM	☐ AM	☐ AM	☐ AM	☐ AM	☐ AM
☐ PM	☐ PM	☐ PM	☐ PM	☐ PM	☐ PM	☐ PM



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Morning & Night Brushing Reward Chart

Earn a star every time you brush your teeth!

MORNING BRUSHING

Monday	☆
Tuesday	☆
Wednesday	☆
Thursday	☆
Friday	☆
Saturday	☆
Sunday	☆

NIGHT BRUSHING

Monday	☆
Tuesday	☆
Wednesday	☆
Thursday	☆
Friday	☆
Saturday	☆
Sunday	☆

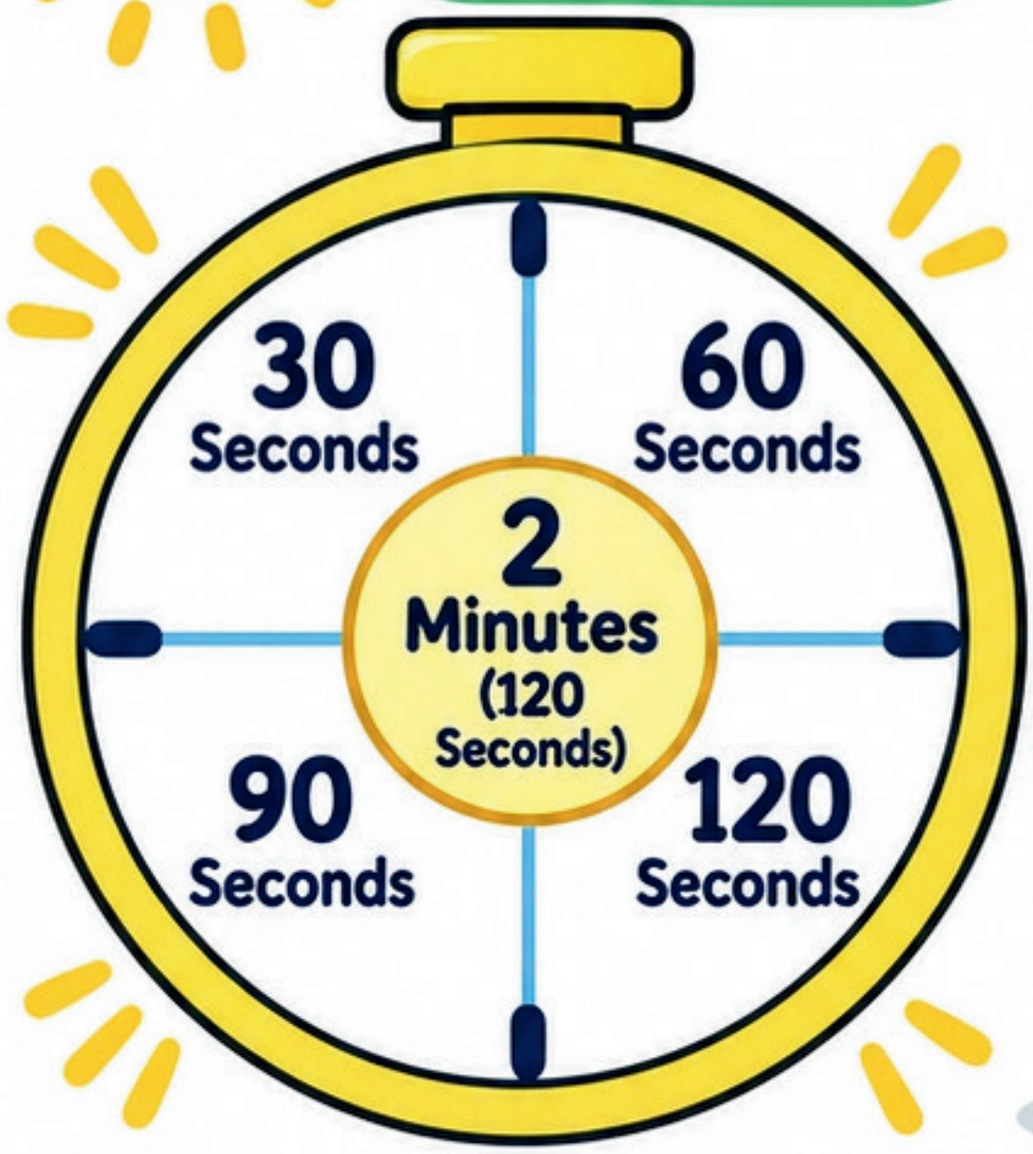


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My Two-Minute Toothbrushing Timer Chart

Brush gently for two whole minutes every morning and night!

MORNING TIMER





BEDTIME TIMER



Mon	Tue	Wed	Thu	Fri	Sat	Sun
☐ AM	☐ AM	☐ AM	☐ AM	☐ AM	☐ AM	☐ AM
☐ PM	☐ PM	☐ PM	☐ PM	☐ PM	☐ PM	☐ PM









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30-Day Healthy Smile Challenge



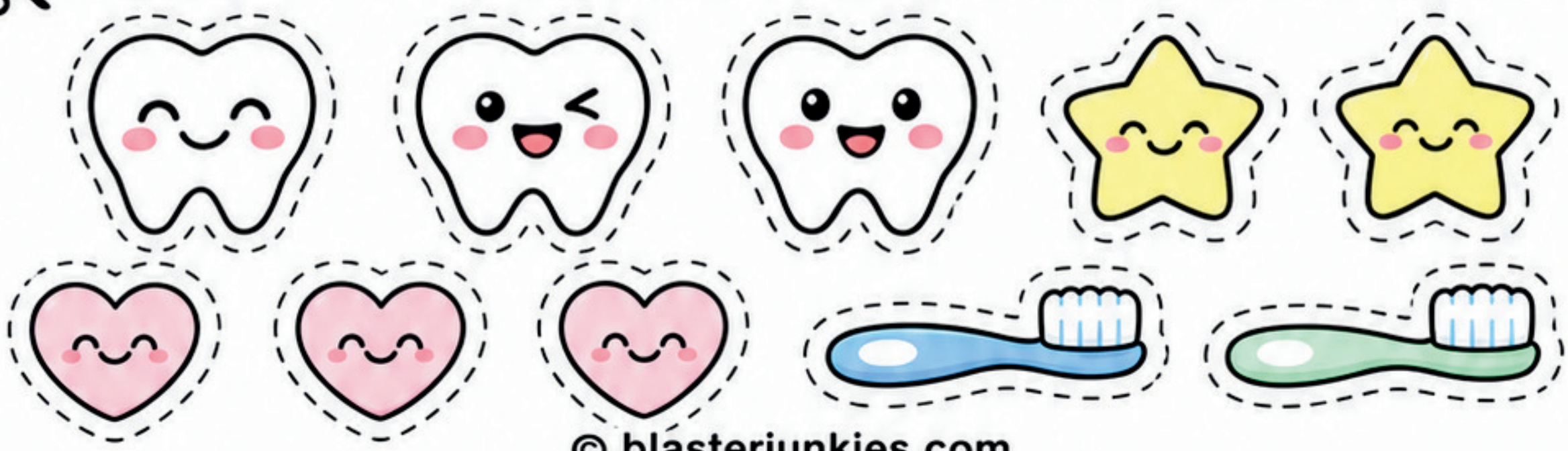
Complete your brushing routine every morning and night!

1	2	3	4	5	6
☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM
7	**8**	**9**	**10**	**11**	**12**
☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM
13	**14**	**15**	**16**	**17**	**18**
☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM
19	**20**	**21**	**22**	**23**	**24**
☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM
25	**26**	**27**	**28**	**29**	**30**
☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM



Brush for 2 minutes each time!





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My Daily Toothbrushing Chart

Brush your teeth every morning and before bedtime!

Day	Morning Brushing AM	Bedtime Brushing PM
Monday	☐	☐
Tuesday	☐	☐
Wednesday	☐	☐
Thursday	☐	☐
Friday	☐	☐
Saturday	☐	☐
Sunday	☐	☐

Brush for **2 minutes** each time!



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