






For a HEALTHY MOUTH

With my parents' help:

- ✓ I BRUSH MY TEETH
for 2 minutes
at least twice a day.
- ✓ I use the right amount of
FLUORIDE TOOTHPASTE,
as soon as I get my first teeth:
 - under 3 years of age:
grain of rice; 
 - 3 to 6 years of age:
pea; 
 - over 6 years of age:
0.5 to 1 cm. 
- ✓ I SPIT OUT any extra toothpaste.
- ✓ I DON'T RINSE my mouth and
I don't drink water for 30 minutes
after brushing my teeth.



2 MINUTES
at least
twice a day



AT HOME,
I brush my teeth
TWICE A DAY.

Put an X on the 
when you brush your
teeth IN THE MORNING
and an X on the 
when you brush your
teeth IN THE EVENING.

Well done!

Your first name
You're doing well so far!
Keep it up!



Schedule for BRUSHING TEETH at home

Let's do it!

