

KEEP CAVITIES AWAY Brush Those Teeth Twice a Day!





MONTH	First Week		Second Week		Third Week		Fourth Week	
Monday	*	XX		××	*	××	\(\phi\)	××
Tuesday	*	Xx		××	*	X _x	\(\overline{\pi}\)	××
Wednesday	*	Xx		××	*	X _x	\(\overline{\pi}\)	××
Thursday	*	Xx		××	*	X _x	*	××
Friday	*	Xx		××	*	X _x	*	××
Saturday	\overline{\overline{\pi}}	Xx	*	Xx	*	X _x	*	××
Sunday	*	Xx	*	X _x	*	X _x	*	××

Kids Toothpaste Tip

0-3 YEARS GRAIN OF RICE **3+ YEARS PEA SIZE**

HEALTHY HABITS START AT HOME: Brush the teeth twice a day with children's fluoride toothpaste at the appearance of the first tooth.

Ages 0-3: Use a smear of fluoride toothpaste the size of a grain of rice.

Ages 3+: Use a pea size amount of fluoride toothpaste.



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