





























TOOTH BRUSHING CHART



DENTAL
HEALTH
ASSOCIATES
dhamadison.com

February 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 	2 	3 	4 	5 	6 
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21 	22 	23 	24 	25 	26 	27 
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Brushing Tips

How much toothpaste do you need to use?

<2 YEARS Gently brush your child's teeth & gums using only water.

2-3 YEARS Use a very tiny amount, about the size of grain of rice.




3+ YEARS Use a small amount, about the size of a pea.

How long and how often should you brush your teeth?

Brush your teeth for 2 minutes, 2 times a day, and aim to floss at least once a day.

Contest Directions

1. Have your child color in the tooth for each day that they brush their teeth.
2. At the end of the month take a picture of your child holding the chart.
3. Send the photo and your child's name & age to us by March 3rd, 2021 using one of the options below:

-  Email marketing@dhamadison.com
-  Send a Facebook message @dhamadison
-  Send an Instagram message @dhamadison