

My bright little week

Brush. Tick. Celebrate the little wins!



My name: _____ Week starting: _____

Tick a box or add a little sticker after each brush.

MY WEEK	 MORNING	 BEDTIME
★ Monday	☐	☐
★ Tuesday	☐	☐
★ Wednesday	☐	☐
★ Thursday	☐	☐
★ Friday	☐	☐
★ Saturday	☐	☐
★ Sunday	☐	☐

My reward this week:



A story, a park trip or choosing a family game - you decide!

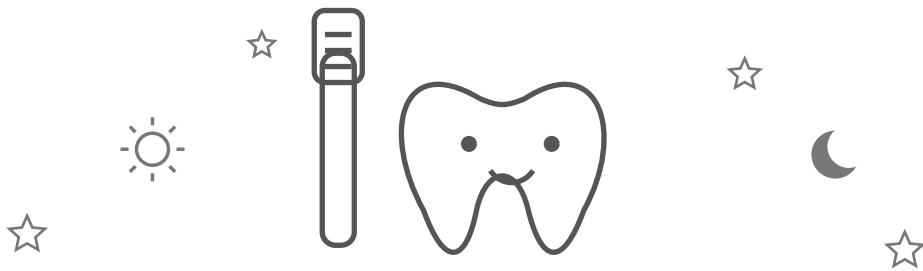
Every little brush is a win. Missed one? Start again next time!

Grown-ups: help with brushing and follow your dental team's advice.

Print page 1 in colour or page 2 to save ink. A4, actual size.

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Colour in your brushing friends!

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