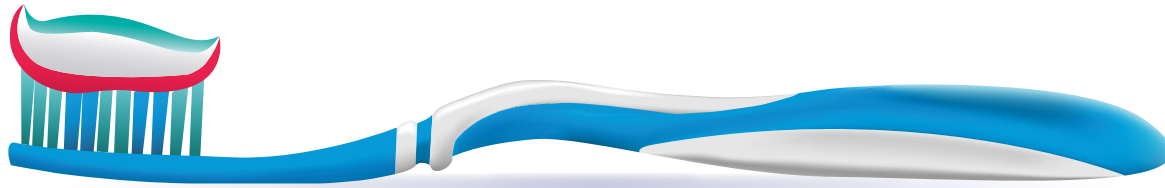
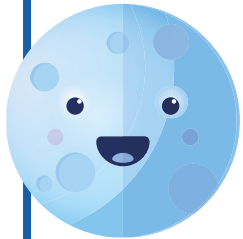
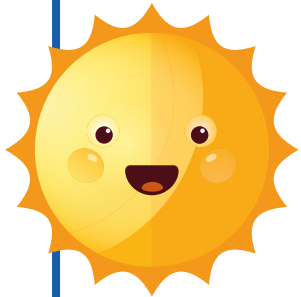


# Teeth Brushing Chart

Colour and make an 'X' in each tooth as you brush your teeth twice a day



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



**NHS**

Mid and South Essex