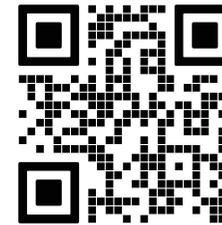


Tooth Brushing Chart

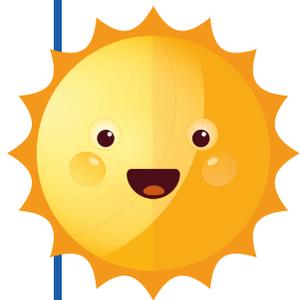
NHS

Mid and South Essex

Colour and make a X or add a sticker as you brush your teeth for two minutes twice a day



Your children's Health Matters.
Keep your kid's teeth healthy and keep them smiling



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
						