

# Seedling KIDS DENTISTRY Brushing Chart



Your Name: \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 <sup>st</sup> week							
2 <sup>nd</sup> week							
3 <sup>rd</sup> week							
4 <sup>th</sup> week							

Use this chart to keep track of your daily brushing habits. Color the suns every time you brush your teeth in the morning and the moons every time you brush at night.

Once you color them all, bring it to our office to get rewarded for having good dental habits.