

# TOOTH BRUSHING CHART

## DID YOU KNOW...

The *LA Times* reports that over 50% of children will have some tooth decay by the age of 5 and that oral infection is the number one chronic disease in kids.

*What can you do?* Besides brushing and flossing, cut down on all the sweet snacks including raisins and fruit juice which pack a lot of sugar. Also make sure kids get a regular fluoride treatment to keep their teeth strong.

## TIPS FOR PARENTS:

Creating a dental routine early can ensure a lifetime of healthy smiles for your child. By teaching your children the benefits of brushing and flossing, you are putting them on a course for good oral health.

### The proper brushing technique is to:

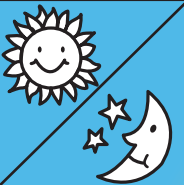
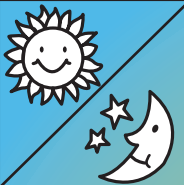

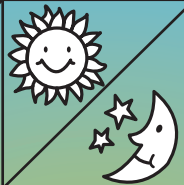
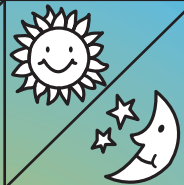
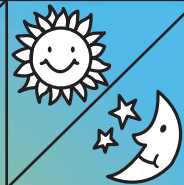
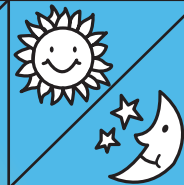
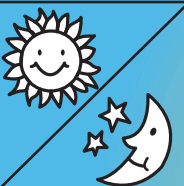





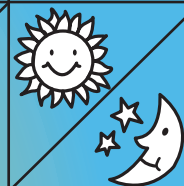
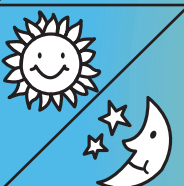





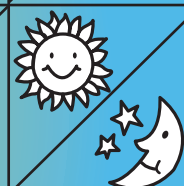










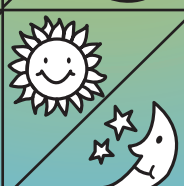



- Place toothbrush at a 45-degree angle to the gums.
- Move the brush back and forth gently in short (tooth-wide) strokes.
- Brush the outer surfaces, the inner surfaces, and the chewing surfaces of the teeth.
- To clean the inside surfaces of the front teeth, tilt the brush vertically and make several up-and-down strokes.
- Brush the tongue to remove bacteria and keep breath fresh.

Of course, brushing teeth is only a part of a complete oral care routine. You should also make sure kids:

- Clean between teeth daily with floss.
- Eat a balanced diet and limit between-meal snacks.
- Visit their dentist regularly for professional cleanings and oral exams.

# 2 x 2 = HEALTHY TEETH

## Brush 2 times per day for 2 minutes!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
						
						
						
						



G E O R G E  
D E N T A L G R O U P

651.287.3729 | [www.GeorgeDentalGroup.com](http://www.GeorgeDentalGroup.com)

Color in or initial the chart each time you brush to help keep your teeth clean and white!