



cut out fizzy drinks and eat healthier snacks



brush twice a day and replace your brush regularly



use a pea sized amount of fluoride toothpaste



use a circular brushing motion



brush for two minutes



spit don't rinse



visit your dentist regularly

This is also available in other formats and languages.



teeth.tlc

Tender Loving Care for Teeth



toothbrushing diary

Name: _____

Address: _____

toothbrushing diary

Tick the box each time you brush your teeth

in the morning

before bedtime

Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday



Write below any other times when you have brushed your teeth:



Once you have completed this diary please return it in order to receive your certificate



Use a pea sized amount of fluoride toothpaste