

Brush 2 Win!

Name: _____

Phone: _____

Email: _____

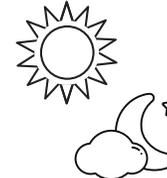
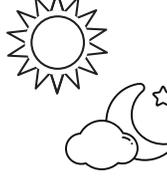
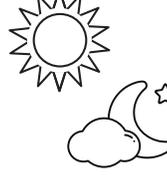
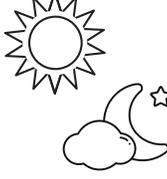
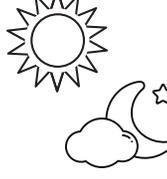
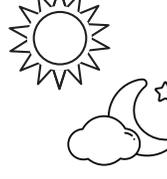
Tips for Healthy Teeth:

1. Brush for two minutes
2. Use a pea sized amount of toothpaste, Don't forget to spit it out!
3. Use a soft toothbrush that is small enough to reach all your teeth.
4. Brush where your teeth touch your gums.
5. Brush in the morning and before bedtime.
6. Don't rinse your mouth after your brush.
7. Don't forget to floss once a day.

APRIL 2026



Colour in, place a sticker, star or checkmark on the sun when you brush in the morning, and on the moon when you brush at night.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
						
5	6	7	8	9	10	11
						
12	13	14	15	16	17	18
						
19	20	21	22	23	24	25
						
26	27	28	29	30	1	2
	