

ACTIVITY 1



Fill in the name for each person you watch every day for one week.
Put a check (✓) to show if they performed each oral care activity properly every day of the week.



Name: _____



BRUSH PATROL



Toothbrushing Tips
from Oral-B Laboratories

- Brush every day, after breakfast and before bedtime.
- Brush each tooth, front and back, using gentle circles.
- Brush your teeth for two full minutes each time you brush.
- Brush your teeth with a clean toothbrush. Change your toothbrush at least every three or four months, or whenever it gets old and worn.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast							
Brush teeth							
Brushed for 2 minutes							
Flossed							
Bedtime							
Brush teeth							
Brushed for 2 minutes							
Flossed							

